

A FREE PUBLICATION

TRENDY



NEXT ISSUE: TUESDAY, JULY 26
DEADLINE: THURSDAY, JULY 19

TIMES

171 Central Street, Woodsville, NH 03785
Phone: 603-747-2887 Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

JULY 12, 2016 VOLUME 7 NUMBER 20

Going The Distance To Raise Funds & Awareness To Stop Diabetes

Cyclists Pedaling Through North Country on 4th Leg of Multi-Day Tour Around New England

Montpelier, VT – More than 60 cyclists from around New England and the country will pedal through the North Country to the Comfort Inn and Suites at Maplewood

on Tuesday, July 12, on the fourth leg of a trek to demonstrate they are in it for the long haul to stop diabetes.

The New England Classic Tour de Cure is a multi-day bicycling event that raises funds for the American Diabetes Association. Cyclists pedal 150 miles on a weekend or 550 miles in a week traveling through Massachusetts, New Hampshire, Maine and Vermont. This intrepid group of cyclists takes in the scenery, takes on the mountains and ride together to make a difference in the lives of more than 29 million Americans living with diabetes, including almost 130,000 people in New Hampshire and more than 50,000 people in Vermont. Their 108-mile route on the fourth day begins in Bartlett,

N.H., with rest stops in Bath, N.H., at the Upper Valley Grill in Groton, V.T., and at the Irving Oil station on Route 2 in Plainfield, V.T.

Among those riding in the NEC are a number of Red Riders – cyclists who have type 1 or type 2 diabetes. This year they include members of Team Blood Glucose, a group from the UK who pedal to spread the message that for those with or at risk of diabetes, activity, sports and exercise is a core tool to prevent or manage the disease.

The NEC is part of the American Diabetes Association's Tour de Cure series of fundraising cycling events held in 44 states nationwide. In 2014, more than 60,000 cyclists in 86 events raised more than \$29 million to sup-

port the mission of the American Diabetes Association: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The New England Classic Tour de Cure is sponsored nationally by Lilly Diabetes, Primal Wear and Gold's Gym, and locally by Bikes + Life, Hub Bicycle, Novo Nordisk, Parker-Chomerics, Pfizer Inc., UPS and Whole Foods Market.


The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. Founded in 1940, the Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective



and credible information; and gives voice to those denied their rights because of diabetes. For more information on diabetes, please call the American Diabetes Association at 1-800-DIABETES (800-342-2383) or visit diabetes.org. Information from both these sources is available in English and Spanish.



Melanie's Woven Memories
Handwoven Caning - Splint - Rush Seating
Shaker Tape - Baskets & Minor Repairs
Competitive Pricing - Quality Work
Melanie Miller • 802-467-1326
melaniemiller58@yahoo.com
www.melanieswovenmemories.com

TODD HOLT PHYSICAL THERAPY

31 Main Street
Wells River, VT
802-757-8000
Fax 802-757-8001

Wizard of Pawz

QUALITY DOG GROOMING AT AFFORDABLE PRICES
Plain Rd., Bath, NH
603-747-4171

Antiques & Emporium
182 S. Wheelock Rd • Lyndonville, VT
VT Certified Precious Metal Dealer
Open Daily 10-5 • Closed Tuesdays
Also Good Used Furniture
Always Buying Gold & Silver

PAWFECTON GROOMING
Gift Certificates Available!

Michelle Tanner
802-535-7958
10 Angies Alley
Between Asia & Subway
Lyndonville, VT

LAHOUT'S APARTMENTS
Littleton & Bethlehem
Studio-One and Two Bedrooms
Heat Included • Country Setting
Pets Allowed
www.lahoutspd.com • 603-444-0333

This Space
For Rent
As Low As
\$16
per issue

Village Etceteras
Main Street, Bradford, VT
Vendor Rental Space
Available!
Sell Your New and Used
Unique Items.
Mon-Fri 10-5:30 ~ Sat 10-5
802-449-3330

Junction Shop Auto & Repair
VT Inspections • Brakes • Tires • Exhaust & More
Keep your vehicle running cool during the warm summer months.

802-222-4880
418 Waits River Rd • Bradford, VT

ALWAYS FIT ATHLETIC CLUB LLC
alwaysfitathletic.com
603-747-8006
Woodsville, NH

SUMMER HAPPENINGS
CLASSES: New fitness classes have been added. Check alwaysfitathletic.com for dates and times!
HOURS: Now opening at 6 am on Saturdays!
HELP WANTED: Accepting applications for front desk, call or stop in to inquire.

Shops At Fayrehale
4821 Rt 5, McIndoe Falls, VT
PAYREHALE
Antiques
Christmas
Gifts
OPEN
Open Daily By Noon
Often Closed Tues & Wed
Contact us: shopsatfayrehale@gmail.com
SHOP ONLINE:
www.fayrehalefarm.com

Reiki Retreat
Reiki • Massage
Biofield Tuning
Zero Balancing
Contact Barbara To Set Up Your Appointment Today!
90 Farm St • E Ryegate, VT
802-757-2809
reikiertreat@charter.net

HOUSEWRIGHT CONSTRUCTION, INC.
New Construction / Remodeling / Design-Build
Restoration / Reproduction / Custom Woodworking
EPA Land Safe Certified Firm / Renovator
EST. 1985
802-866-5520
www.housewright.net
5365 Main Street S • Newbury, VT 05051

CH DANA RV
SALES & SERVICE
5th Wheels, Travel Trailers, Campers
Largest Selection of PARTS & ACCESSORIES for All RV's!
603-638-2200
www.chdanarv.com
628 Woodsville Rd., Monroe, NH

Meadow St. Primitives
Country & Primitive Home Decor & Gifts
260 Meadow Street
Littleton, NH 03561
Mon-Thurs 10-5
Fri 10-6 • Sat 10-3
Sunday Closed
603.444.7333
or 603.444.5454
www.meadowstreetprimitives.com
"Like" us on FACEBOOK please!



TRENDY Dining Guide

Room 111 at Victory Lanes

by Gary Scruton

When is a new place not a new place? How about, when is an old place not an old place? It can be just a matter of perspective as to which way you look at it. In this case the building itself has been around for over a century (according to the menu). But the menus and the business are both brand new (Beginning February, 2016). But not everything is new, or old.

Room 111 at Victory Lanes is an interesting combination of food and fun. The Victory Lanes come from the fact that the six lanes of candlepin bowling still exist. Sure they are not brand new (certainly not 100 years old, though), but they do have some miles, and have seen plenty of those small bowling balls headed down the

alleys. But that was not the reason for our visit. We were there to eat.

The afore mentioned menu, once opened, has a very good selection of pub type foods. There is a full selection of nachos, burgers, hot or cold sandwiches, and some other options like salads and french fries. Plus, as one would expect, there is a full bar with a nice selection of local beers and the standard national brands. Victory Lanes is not a formal eatery, meaning don't wait for a hostess to show you to a seat. We walked thru the bar and could either go out onto the back deck, or turn left into the pool room that had several high tables, a couple of low tables, plus a juke box and table side game monitors. There was

plenty to look at besides the menu with sports and culinary memorabilia on the walls and ceiling.

After a few minutes we did come up with our requests. Our waitress (who actually introduced herself as the owners mom, and not the regular waitress) was more than helpful. She informed us that she had personally tried every item on the menu. Janice answered the call to "make your own burger". The PT Farm patty was loaded up with tomato, bacon, ketchup, lettuce and cheese. It came with one side and she picked the sweet potato fries. My choice was the Philly cheesesteak sandwich topped of course sauteed peppers and onions. It also came with one side and I went with a favorite,

onion rings. I was offered a choice of dipping sauce and went with my standard, ketchup.

While waiting for our meals we enjoyed a pair of Sam Adams Summer Ales from the bar tap. We were also entertained by one of those brain teaser games on the table. As mentioned we were sitting in the pool room and towards the end of our visit a couple came in to play pool. I must mention that they were quite reasonable about their game. The gentleman even asked us if we minded the juke box. It is nice to see, and enjoy, such courtesy, not to mention the good tunes he picked out.

The meals were served hot out of the kitchen and were plenty for our appetites. The cheesesteak was moist enough that the roll actually gave up and I needed to use the fork for much of the sandwich. It was also matched well enough that I asked for another Sam to go with the first. Janice enjoyed her burger that was served on a large solid bun. It was cooked just as she had asked, and the toppings were as per her request. (After all, that is the way a "make your own" should be.)

The onion rings were made with thick slices of onions cooked perfectly to a crisp and the sweet potato fries were cooked to what Janice considered perfection, well done in the middle and just slightly crisp on the outside.

With the beverages our total bill was just over \$40 before the tip. So I would be happy to point you to Room 111 at Victory Lanes whether you want a game of pool, a string of bowling, friendly waitstaff or just a good bite to eat.



EVERYBUDDY'S
CASUAL DINING

Offering The Best Of
Breakfast, Lunch & Dinner
Under Our Roof Or Yours!

Gift Certificates Available!
Take-out!
Delivery - Catering
802.626.8685

OPEN DAILY
7am - 9pm
Bar Menu: 9pm-10pm

Jct. of Rts. 5 & 114
Off VAST Trail #52
Lyndonville, VT



ROOM 111
AT VICTORY LANES

Karaoke
Every Thursday

Family Day
Every Sunday

Now open!
Wednesday: Noon - 11 pm
Thursday: Noon - 12 am
Friday & Saturday: Noon - 1 am
Sunday: Noon - 10 pm

Central Street,
Woodsville, NH
Candlepin Bowling
and Bar

PEYTON PLACE RESTAURANT
AT THE HISTORIC MANN TAVERN

Chef Jim & Heidi Peyton Welcome
You To Their 1773 Tavern House For
Comfortable Country Dining Wines
& Spirits With An Emphasis
On Local & Organic Products



Serving Wednesday - Sunday
From 5:30 pm

Main Street • Orford, NH • 603-353-9100



BREWERY
DRAFT ROOM & HOGIE BAR

BREW DAY: SATURDAY,
JULY 3, 10 AM - 6 PM

Green Mountain Mall, St. Johnsbury, VT
2002 Memorial Drive, Suite 6
Wed-Sat: Noon - 8:00 PM
Sunday 1:00 - 5:00 PM
802-424-1700
Full Menu at www.SaintJBrewery.com



**BREAKFAST
LUNCH
DINNER**

802-626-9890
686 Broad Street
Lyndonville, VT
Mon-Thu 5:30am-8pm
Fri & Sat 5:30am-9pm
Sun 7am-8pm

Miss Lyndonville
DINER

*Put a Little Bliss
in Your Day!*

**SUNDAY PIZZA
SPECIAL**
Put a little Bliss in
your Sunday.

Large Pepperoni Pizza \$7
Large Cheese Pizza \$5
Does not include tax.

Special can not be
combined with any
other discounts.

*Bliss Village
Store*

Main St., Bradford, VT
802-222-3355

**Happy Hour
RESTAURANT**

Celebrating 70 Years \$10 Menu
for a limited time

- Beer Battered Fried Shrimp
- Grilled (6 oz.) Sirloin Steak
- Baked Haddock
- Chicken Parmigiana
- Baked Chicken Cordon Bleu
- Deep Fried Stripped Clams
- Grilled Sirloin Tip Caesar Salad
- Ricotta Stuffed Shells

Available Monday-Thursday, 11:30-Close - excluding Holidays

JULY SPECIAL Lobster - Crab Salad Roll w/Fries & Coleslaw \$15.00	THURSDAY NIGHT SPECIAL All You Can Eat Beer Battered Fried Haddock Choice Of Potato And Salad Bar \$14	FEATURING DAILY LUNCH & DINNERSPECIALS Fresh Seafood • Hand Cut Steaks Pub Menu • Salad Bar Children's Menu
--	---	--

YOUR CHOICE EVERY SUNDAY FOR \$11
Roast Tom Turkey, Pot Roast Or Baked Haddock
Choice of Potato, Butternut Squash, Coffee & Dessert
CATERING AVAILABLE FOR LARGE GROUPS
BANQUET FACILITIES AVAILABLE FOR ANY SIZE

Sunday - Thursday 11:30am - 8:00 pm • Fri-Sat 11:30am-9:00pm
802-757-3466 • Main St • Wells River, VT • www.happyhourrestaurant.net

Come and dine on Darling Hill in Lyndon,
for a memorable experience!



Juniper's
at The Wildflower Inn, Lyndonville VT

Farm to table menu, spectacular views,
warm and inviting atmosphere!

Dine indoors or out on the deck! Reservations suggested.

Dinner: Tuesday through Saturday 5pm-9pm
802-626-8310 • www.junipersrestaurant.com
2059 Darling Hill Road, Lyndonville, Vermont 05851

Largest Gluten Free menu in the region.

TRENDY Dining Guide

Whippi Dip

by Gary Scruton

It was a dark and stormy night. (Wait, hasn't that been used somewhere?) But really, it was a summer night with thunder storms very close by. As Janice and I did one of our yearly volunteer jobs we got a bit wet as the beginnings of the storm rolled into the Connecticut River Valley. By the time we got close to Orford and Fairlee it was all we could do to still see the road in front of us. Lucky for us we had planned to make a stop at Whippi Dip in Fairlee for our Friday evening meal, and the rain simply meant that there would probably be fewer people around at this great summer time eatery and ice cream shop.

As we pulled in to Whippi Dip the rain slackened a bit

and we made a bee line for the overhang and some dry space. We were not the only ones either. There was not a line as one often sees at any ice cream stand, but we were also not lonely, there were several others who braved the weather to get to this eatery.

For us, we were there to enjoy something besides ice cream. Whippi Dip indeed offers a good variety of items on their menu. There are burgers, sandwiches & subs, salads & sides, plus our area of interest, seafood. On this evening Janice went with an order of fried haddock. It came with slaw, fries and tartar sauce, and she upgraded to sweet potato fries. I also picked seafood, but went to one of my favorites, fried scallops. It also comes with slaw, fries

and tartar sauce and I too upgraded to the sweet potato fries. I could have also upgraded to curly fries or onion rings. The girl at the order window took our name and we went around the corner to wait our turn at the pick-up window.

On a nicer night we certainly would have taken a seat at one of the picnic tables, but this particular evening, a bit more cover was required and we took our meals back to the vehicle. One of the first things I noticed about my meal was the coleslaw. It almost looked more like a salad. It was not finely chopped and mixed with mayo. Instead the pieces were bigger and had a different, possibly a vinaigrette dressing. I liked it. In regard to the scallops, there were

big, very juicy, scrumptious and plentiful. Even the tartar sauce was in a cup that offered a more than adequate amount for my liking.

Janice's haddock meal offered two large sized pieces of moist, delicious, flaky fish, plus the other items that filled her tummy nicely. Sweet potato fries seem to be popping up in more and more locations. The folks here cooked them just right. Cooked thru, but not so crispy that you lost the sweet potato flavor.

As we enjoyed our meals the storm moved further into

New Hampshire and by the time we finished we could put the windows back down and enjoy a nice July evening.

One final note about Whippi Dip, they serve great food, all your ice cream treats, and even breakfast, but they don't take plastic. So when you plan to stop, have a good check, or bring good old fashioned cash. But you won't need a lot of that cash. Our full meals came to just about \$25.00 without drinks, and there was not tip needed. We'll be back for more seafood.

We Accept Cash or Check **That means no plastic**

Whippi Dip

Local Meat, Fresh Seafood, Our BBQ, Local Salads, Drinks, Hatchland Soft Serve And More!

Sunday - Thursday: 7am - 9pm
Friday & Saturday: 7am - 10pm
Main St • Fairlee, VT • 802-333-1313

CALAMITY JANE'S RESTAURANT
 ON THE COMMON • WARREN, NH • 603-764-5288

"Fish Friday"
 Every Friday 4pm - 8pm
 All You Can Eat Fresh Fish Fry
 Hand Cut French Fries & Coleslaw \$10.99 Plus Tax

KARAOKE
 EVERY OTHER SATURDAY -
 JULY 23 & AUGUST 6

Now Serving Pizza & Calzones

OPEN: Sunday 8am - 2pm
 Monday, Wednesday & Thursday 6am - 2pm
 Friday 6am - 8pm • Saturday 6am - 8pm
 Closed Tuesday
BREAKFAST SERVED ALL DAY!

Trendy Dining Guide Ads
 This size is \$185 for six issues
 Or choose 13 issues for \$370
Plus get a Trendy Dining Guide Review
 For details contact Gary
 at 603-747-2887
 or email
 Gary@TrendyTimes.com

Get the straight scoop from Jeanie...

Please join Republican gubernatorial candidate

JEANIE FORRESTER

for a free

ICE CREAM SOCIAL

Wednesday • July 27
Around 12:30

Immediately following lunch

North Haverhill
 at Horse Meadow Senior Center
 91 Horse Meadow Road

Come Join Jeanie!

Enjoy some ice cream and share your concerns *and* hopes for the future of New Hampshire.

A response is appreciated so we have enough ice cream for everyone!

Jeanie@jeanieforrester.com
 279-1459

Jeanie FORRESTER
 A GOVERNOR for the PEOPLE
 JeanieForrester.com





Higher Education Affordability

How many are faced with post secondary education debt? For many families, higher education is unaffordable and a debt nightmare.

As with most parents, I encouraged my children to better prepare themselves for careers and the complexities of today's world by attaining a post secondary education. However, tuition costs associated with a college degree, technical education, or an advanced certificate are increasingly placing higher education from the reach of many.

Tuition trends at flagship state schools in New England have skyrocketed. In-state tuition costs during the 2015-16 year were as follows:

- University of Connecticut (Storrs) \$13,364
- University of Massachusetts (Amherst) \$14,356
- University of Maine (Orono) \$10,610
- University of New Hampshire \$16,986
- University of Rhode Island \$12,862
- University of Vermont \$16,738

Attending a community college such as White Mountain Community College in Berlin does cost less,

but that college tuition price tag of \$7,344 when compared to other community colleges both in and out of state is high. So, how can students and parents, afford the costs of a higher education? This question has been answered by many with one word...."debt." NH's student debt is second when compared to the rest of the country according to the "Institute for College Access & Success and the Project on Student Debt." The NH class of 2014 owed an average of \$33,410 in student loans, with 76% of students graduating with loans, the highest percentage nationally.

Post secondary education affordability requires attention from returning and new legislators; however, in an effort to save some expenses, parents and students should consider the following question: "What college major and type of degree leads to the highest salary two years after graduation?" I realize that there are some occupations society needs, like social work and teaching that do not pay well. As a retired teacher and school principal, I value the importance of these

careers and encourage those wanting to enter these fields of work to pursue their goals. Follow your dreams and aspirations; we need well-qualified, professional social workers and teachers. However, a researcher at the Minnesota Department of Employment and Economic Development did ask the above question, and students responded that the best paying job might be a chemical engineer or anything with computers. In Minnesota, the correct answer was, "A specialized plumbing and water supply program."

With today's excessive tuition costs, students cannot afford to cycle through colleges and majors for six years before earning a bachelor's degree. By doing so, loans and debt accrue to staggering proportions. To help, some states have developed detailed data systems that explain that more education doesn't always mean or result in higher earnings. For example, a two-year associate's degree program in repairing industrial equipment could result in earnings of \$58,000 three years out of school. Parents and students who pick a career first and then shape their education around that goal will most likely save tuition costs and reduce later debt than the student who meanders without a determined path.

Education affordability and student debt is a serious issue. Better planning does result in some savings; however, the University System of NH and the Community College System is aware of the affordability issue, and working with the legislature and the NH business community to attain resolution.

Rep Rick Ladd
Chairman, House Education Committee

Think, Laugh, and Enjoy Latest Performance at OCT

by Gary Scruton

From the very beginning of the night it was obvious that this was not your normal evening at Old Church Theater.

As our usher brought us to our seats we could hear some music in the background. Once seated we noted that the music was coming from the stage itself as a young lady with a unique voice was sitting on a stool, playing guitar, and entertaining those who were already in their seats. I should note that this same young lady came back at intermission to further show off her talents. Very nice addition!

The performers who were cast in this production were, as usual, able to take the parts and make them come alive. They were led (at least experience wise) by Meghan Bullard who seems to be in every production, and continues to show new sides. In this role she not only got laughs, and a few gasps, but she also had the new opportunity to speak directly with the crowd as she was being grilled over the murder that had happened earlier in the performance.

The other suspects, all on stage to also answer questions and face the audience's grilling, were all making their second appearance as cast members at OCT. But despite that apparent lack of experience they all appeared to perform beyond that level. Though the play had a couple of minor hiccups in the early scenes, there were no real "missed" lines, and the timing of the laugh lines, as well as the "gasp" lines were enjoyable

and set the audience at ease.

Regarding the play itself, that also started off differently as several of the first actors came on stage from behind the crowd instead of from the wings of the stage. This was certainly a forewarning of things to come. Dead to the Last Drop is a murder mystery performance with some comedy. But don't worry if I, or some other person, tells you who did it, because that could (and probably will) change during the next performance. A key part of this play is that after the first two acts the audience is brought into the action very directly. Robert, portrayed very strongly by Ken Hullican, actually addresses the crowd at the end of the second act so that as the lights come up for Act 3 we were ready to ask some questions and attempt to get to the bottom of this mystery. Obviously this portion of the performance is not scripted and therefore allows those on stage (the suspects) and Robert to interact, as well as act. On opening night they all seemed to accomplish this with ease and confidence. The curve that was thrown that evening was that some in the crowd were questioning Robert himself as a suspect. (He attempted to brush that aside, but faced some persistence).

As the second weekend of this latest Old Church Theater performance is still to come I will try to not give away too much, but I must also say that even if you were able to attend on the first weekend, you could see something new on the second weekend.

All in all "Dead to the Last Drop" is another feather in the cap of Old Church Theater. It is well worth your time to see it, at least once. And if you want to bring the family, go ahead, the material is fine for all even with a couple of only somewhat risqué moments.

CHIC & UNIQUE
ANTIQUES & MORE
NEW LOCATION: 69 Main Street, Littleton, NH
15% OFF with this ad
10 am - 5:30 pm Closed Wednesday
802-505-5937
Like us on Facebook
www.facebook.com/chicuniquevt

Fine Gourmet Items
Pure Maple Products • Specialty Cheddars

HARMAN'S CHEESE & COUNTRY STORE
SUGAR HILL, NEW HAMPSHIRE

Really-Aged Cheddar - Aged 2 Full Years
FREE Tasting Samples!

Harman's Cheese & Country Store
1400 Route 117 • Sugar Hill, NH 03586
603-823-8000 • www.HarmansCheese.com
Open 7 Days A Week 9:30 am - 5:00 pm

Congratulations go out to
Sue Rihn
For winning our July drawing for a
\$50.00 Gift Certificate at
Trendy Threads
171 Central St
Woodsville, NH 603-747-3870
(our next \$50.00 gift certificate drawing will be in August 2016,
come in and sign up, no purchase necessary.)
www.TrendyThreadsWoodsville.com

MEADOW LEASING
Littleton, N.H.


Ground Level Containers
20' - 40'


Office Trailers


Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026
Let Us Help You With All Your Storage Needs.

From The Desk Of



Dear Constituents,

The session has finally ended...it seemed like it never would! With a budget that was vetoed and then overridden, serving on the joint drug task force, and over 800 bills in 2016 alone, it has been a very busy session.

In 2016 session, I sponsored/co-sponsored 47 bills, most of which were signed into law by the Governor. A sampling of some of the legislation includes:

- Authorizing energy infrastructure development and designating energy infrastructure corridors. This legislation has been a long time coming and a lot of good bi-partisan work was done to accomplish this.

- Naming a welcome center in Littleton in honor of Executive Councilor Raymond S. Burton.

- Giving authority to federal border patrol agents to make arrests in Coos county. This legislation was brought forward to address the shortage of law enforcement in the northern part of the state.

- Establishing a state grant program to assist state and local law enforcement agencies in addressing the opioid crisis.

- Implementing a system of care for children's behavioral health.

Overall legislative accomplishments for the 2016 session include:

Improving the Business Environment:

- Continued the modern-

ization of the state's banking, credit union and trust laws.

- Updated the state's LLC statutes.

- Allowed the sampling of wine and beer and farmers markets.

- Eliminate excessively burdensome requirements on the construction industry (vetoed).

Taxes:

- Eliminated the Start Up tax, making NH a better place to start a business and grow.

- Quadrupled the small business capital expense deduction to \$100,000.

- Updated state laws to conform with the IRS code, cutting down on the time it takes to file returns.

- Updated tax laws to make it easier for businesses to file.

Heroin/Opioids:

- Added \$5 million for drug prevention and treatment.

- Established a new position at the Department of Justice to prosecute high level drug crimes.

- Updated ruling-making for opioid prescriptions.

- Made it easier for licensed alcohol and drug councilors to move to NH and work in their field.

- Allows pharmacies to take back unused prescriptions, reducing the supply of addictive painkillers

- Created Drug Court program to divert those addicted from drugs into treatment rather than the prison system.

- \$1.5 in funding for State Police overtime to partner with local law enforcement. Established a study commission to study the use of Narcan.

- Increased penalties for fentanyl possession.

- Updated insurance requirements for those being treated for addiction.

- Updated the health education curriculum to include age appropriate drug and alcohol education for children.

- Provided funding the prescription drug monitoring program.

- Banned the use of synthetic urine (used to fake out drug tests).

Energy:

- Created energy infrastructure corridors along state's divided highways to allow new infrastructure be buried next to highways.

- Increased the net metering cap to prevent a shutdown of the solar industry.

Transportation:

- Passed the 10 year highway plan that will finish I-93 with 4 lanes in both directions between Manchester and the state line, pave 550 miles a year, and replace or rehabilitate 80 bridges.

Healthcare:

- Banned restrictive physicians' contracts that increase the cost of healthcare.

- Right to Try, allowing those with terminal illnesses the right to try non-FDA approved medications.

- Extended the Health Protection Program for another 2 years, with no increased taxes, no new taxes, and no General Fund dollars use to support the program.

2nd Amendment:

- Passed Concealed Carry (vetoed)

Common Sense:

- Passed RealID and allows each person to make the choice of a RealID or a non RealID compliant driver's license when they renew.

Elections:

- Participate in the Interstate Cross Check Program to uphold integrity of NH's Elections.

- Increased transparency for campaign contributions. Ensured National Guard members have access to absentee ballots.

- Require a person to be a resident for at least 10 days before being eligible to vote (vetoed).

Education:

- Allow towns without a public school to tuition students to a private school (vetoed).

Rainy Day Fund:

- Increased Rainy Day fund by \$40 million.

Local:

- Established the Drinking Water and Ground Water Trust Fund to take money

received by the state from damages or settlements from MBTE lawsuits and use those funds to remediate or run waterlines to those impacted by contamination.

- Additional grants to towns promised funds from the clean water and waste water revolving

And while the session has ended, my work continues—representing the 27 communities in District 2. Whether it is helping someone get assistance from DHHS, attending a ribbon-cutting in Holderness, or working with residents in Plymouth to get resolution to rumble strips installed by DOT that are causing havoc—this is the true work of serving the people.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271-4980) or email at jeanie@jeanieforrester.com.

Your Senator
from District 2
Jeanie Forrester

B.C. MASONRY

B.C. Masonry is ready for Another Great Season! Masonry of all Types:
Chimneys • Stone • Brick • Fireplaces




FREE ESTIMATES

Residential or Commercial Fully Insured
Free Estimates

Bruce Cushman **802-748-3994**
3rd Generation Mason **802-274-1220**

Stainless Steel Chimney Liners (Lifetime Warranty)
Block • Patios Walkways and Retaining Walls

Kayak Instruction

on the Connecticut River
Saturday, July 16
2-5pm



at the Pastures Campground
Rte 10, Orford NH 03777

Kayaking for up to 10 people at a time
Guided by Bonna Wieler, ACA certified kayak instructor

Details:

- Instruction, paddling techniques and tips
- Equipment provided: kayaks, paddles, PFDs
- Guided trips available at other times
- The cost for Kayak instruction is \$15 per child or adult. contact Bonna Wieler 802-333-3549 cell 802-274-0810 boldpaths@gmail.com

The Pastures Campground Kids Day
10am - 2pm
The cost for craft day is \$2.50 for our pinewood derby kits.




CustomSUPPORT

We're here to help you!



- Windows and Mac Installation & Repair
- Virus & Malware Removal (PC Tuneup)
- Network Installation & Configuration
- Website Design & Maintenance

227 Cross Road
Bradford, Vermont 05033
802.222.4460

paul.hunt@customsupport.com
john.hunt@customsupport.com

www.customsupport.com

Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

WEDNESDAY, JULY 13

MONTHLY MEETING -
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY, JULY 14

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 7

THURSDAY-SUNDAY, JULY 14-17

BRADFORD FAIR
66 Carson Lane, Bradford
See Ad on Page 13

THURSDAY-SATURDAY, JULY 14-30

GODSPELL
7:30 PM
Jean's Playhouse, Lincoln
See Article on Page 18

FRIDAY, JULY 15

DEAD TO THE LAST DROP
7:30 PM
Old Church Theater, Bradford
See Ad on Page 10 and Article on Page 4

SATURDAY, JULY 16

W. NEWBURY BACKROOM BARN/YARD
SALE
8:00 AM
7292 RT 5 South, Newbury

COHASE CHAMBER GARDEN TOUR & TEA

11:00 AM - 3:00 PM
Fairlee, VT (and surrounding towns)
See Ad and Article on Page 11

DEAD TO THE LAST DROP

7:30 PM
Old Church Theater, Bradford
See Ad on Page 10 and Article on Page 4

SUNDAY, JULY 17

DEAD TO THE LAST DROP
7:30 PM
Old Church Theater, Bradford
See Ad on Page 10 and Article on Page 4

TUESDAY, JULY 19

NH STATE VETERANS COUNCIL
REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, JULY 20

ACT NATURE WALK
3:00 - 6:00 PM
ACT Office, 729 Main St., Franconia
See Article on Page 17

THURSDAY, JULY 21

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 7

VFW Post #5245 monthly meeting

7:00 PM
VFW Hall, North Haverhill

FRIDAY, JULY 22

LIZ VICE - GOSPEL SOUL, R&B
8:00 PM
Colonial theater, Bethlehem
See Ad on Page 3

SATURDAY, JULY 23

WHITE MT. GARDEN CLUB GARDEN TOUR
10:00 AM - 3:00 PM
Franconia Town Hall or Whitefield Common
See Article on Page 16

ACT STREAM SAFARI ON GALE RIVER

1:00 - 4:00 PM
Dow Field, Franconia
See Article on Page 10

SUNDAY, JULY 24

ST. ALBANS RAID IN THE CIVIL WAR
2:00 PM
First Congregational Church, Newbury
See Ad and Article on Page 9

MONDAY, JULY 25

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JULY 26

TURNING 11 ON THE APPALACHIAN TRAIL
7:00 PM
Alumni Hall, Haverhill
See Article on Page 13

WEDNESDAY-SUNDAY, JULY 27-31

NORTH HAVERHILL FAIR
1299 Dartmouth College Highway, No. Haverhill
See Ad on Page 8

THURSDAY, JULY 28

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 7

SUNDAY, JULY 31

JEREMIAH INGALLS SINGERS
3:00 PM
Old Goshen Church, Bradford

WEDNESDAY, AUGUST 3

ACT NATURE WALK
3:00 - 6:00 PM
ACT Office, 729 Main St., Franconia

THURSDAY, AUGUST 4

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 7

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/ENROLLMENT SPECIALIST
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 – 9:15 AM – St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center,
North Haverhill
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
SENIOR ACTION CENTER
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM – 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS
3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

On Wednesday, July 20, Serenata will be playing music starting at 11:00 a.m.

No Strings Attached will be playing on Friday, July 22nd starting at 11:00 a.m.

The Orange East Senior Center is planning a trip for Wednesday, October 12, 2016 to the Ogunquit Playhouse to see the Broadway musical Million Dollar Quartet. We will be going to lunch at Mike's Clam Shack in Wells, Maine. The cost is \$145 a person and needs to be paid when you sign up.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by. We are in great need of volunteers in our kitchen at the Orange East Senior Center-We need help Monday through Friday-but you can pick a day that works in your schedule and the amount of time you can volunteer

Bingo is every Monday at 6:00 p.m. The doors will

open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class summer hours will be on Wednesdays from 10:00 a.m. until 12:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Orford Senior Center Schedule

Tuesday, July 12: RSVP Bone Builders Exercise Program (10:15-11:00 am), No Strings Attached Band (11:30 am), 50/50 Raffle (noon),

Lunch: Chicken, Potato, Broccoli/Cauliflower, Salad, Strawberry Shortcake

Tuesday, July 19: RSVP Bone Builders Exercise Program(10:30-11:15 am), Dan Freihafer, Piano (11:30 am),

Lunch: Meatloaf, Potato, Peas, Salad, Tapioca Pudding

Tuesday, July 26: Foot Clinic (8:30 am), RSVP Bone Builders Exercise Program (10:30-11:15 am), Entertainment by Vi (11:30 am),

Birthday Celebration, Lunch: Turkey, Portato, Stuffing, Squash, Salad, Pumpkin Dump Cake.

Want to Connect to Other Readers?

Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Night Circus" by Erin Morgenstern on Thursday, August 11th at 6 pm at the Bath Public Library.

The circus arrives without warning. No announcements precede it. It is simply there, when yesterday it was not. Within the black-and-white striped canvas tents is an utterly unique experience full of breathtaking amaze-ments. It is called Le Cirque des Rêves, and it is only open at night. But behind the scenes, a fierce competition is underway: a duel between two young magicians, Celia

and Marco, who have been trained since childhood expressly for this purpose by their mercurial instructors. Unbeknownst to them both, this is a game in which only one can be left standing.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 6:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrarykjb@gmail.com

Groton Library Upcoming Programs

Storytime Yoga: Summer Series Finale. Fri, July 15 at 4pm. Children ages 3-6 & their caregivers are invited to share a special storytime at our library. Guided yoga poses will be woven into stories, games & activities.

Bookin' Bootcamp: Summer Series. Mondays at 5pm. For kids & teens ages 7 & up. Meet at the library for fun, free, past-paced exercise in the Groton park (rain location = Groton Community Building). Each week will have a different book theme & be led by a certified personal trainer! Meets Mondays from 5-5:45pm: July 18, 25 & Aug. 8, 15 (no Aug. 1).

Animal Athletes. Friday,

July 22 at 1:30pm, Groton Community Building. This interactive program by Southern Vermont Natural History Museum will look at the amazing physical feats some of our local wildlife are able to perform. Artifacts, live animals & more will help us explore these amazing abilities & compare them to the incredible qualities of the human animal. Be ready to move & run for this program! Recommended for ages 6 & up.

2016 Summer Parks Passes Now Available! Call, email or come by the library to borrow free & reduced entrance passes to VT State Parks, Historic Sites & the

Hod Symes To Speak to RHS

The Ryegate Historical Society will hold its summer kickoff meeting on Wednesday, July 13th at 7:00 p.m. at Whitelaw Hall in the village of East Ryegate.

Our speaker will be Hod Symes, who authored the book The Cross-Road: A History of Wells River, Vermont.

Hod, who was raised in Wells River, has done extensive research on the town and will surprise you with facts and maps on the early settlement of Wells River.

Please join us; everyone is welcome to this fascinating lecture!

Horse Meadow Senior Center

July 15:

Bone Builders @ 9:30
Mahjongg @ 10:30
Food Commodities @ 11:45
Paper Craft 2 @ 1:00

July 18:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00
MS Support Group @ 1:00
Crafts 1 @ 1:00

July 19:

Nifty Needlers @ 9:30
Herb Group @ 10:00

July 20:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

July 21:

Art Class w/ Barb @ 9:00
Cards w/Jeanne @ 9:30
Jewelry 2 @ 1:00

July 22:

Bone Builders @ 9:30
Mahjongg @ 10:30

July 25:

Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30

Tech Time w/Paul @ 1:00
Decorative Arts 2 @ 1:00

July 26:

Nifty Needlers @ 9:30
Glass Painting Class @ 1:00

July 27:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

July 28:

Art Class w/Barb @ 9:00
Crafts2 @ 1:00

July 29:

Super Hero Day
Bone Builders @ 9:30
Mahjongg @ 10:30

ServSafe® Food Protection Certification Course

This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants in the ServSafe® training will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® certificate as food safety managers.

Jessica Sprague, UNH Cooperative Extension Field Specialist, Food Safety, is a

nationally certified ServSafe® instructor and will be teaching this two-day class on Aug 17th and Aug 18th from 9:00 a.m. to 2:00 p.m. each day at the Grafton County UNH Extension office in North Haverhill, NH.

For more information go to <http://bit.ly/29uC1WI> or call the Grafton County UNHCE office at 787-6944. Seating is limited. Registration must be received at least 2 weeks prior to class.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.



myFarmersMarket

Healthy Food, Sustainable Farms, Vibrant Communities

"The finest in local products"



OPEN:
Tuesday thru Saturday 9 to 6
Sunday 11 to 2



Just off Rt. 302 on Creamery Road in South Ryegate.
"Just look for the yellow flags"

Summer Suppers

at the

Groton United Methodist Church

Menu Includes

Roasted Meat		Casseroles
Hot dishes		Tossed Salad
Rolls		Pasta/Jell-O Salads
Baked Beans		Pies

Tasty food made with love!!!

Thursday nights beginning @ 5:30 in Groton

July 14th, July 21st, July 28th, August 4th & August 11th

Pay by donation Suggested Price \$8.00 Adults, \$5.00 Kids 10 & under

Good church cooking for over 50 years now!!!

AD SPONSORED BY: POWERS PLUMBING & HEATING

North Haverhill FAIR



1299 Dartmouth College Highway,
North Haverhill, NH 03774

BE PART OF THE FUN

Join One of These GREAT Competitions

WEDNESDAY - SUNDAY

JULY 27, 28, 29, 30 & 31, 2016

For full regulations and schedule please check our website at:

www.nohaverhillfair.com

ART & PHOTOGRAPHY SHOW

Items must be brought to the fairgrounds on Saturday, July 23, 2016 from 4:00pm – 6:30 PM and Sunday July 24, 2016 from 9:00am - 10:30am.

Go to www.nohaverhillfair.com for complete rules & regulations. Brandi Young: youngsphtography98@gmail.com

People/Portraiture

Wildlife

Landscape

Nature

Documentary = (tells a story)

Livestock

Still Life

Photoshopped/

Manipulated

Pets / Misc.

Architecture

Flowers

NEW - Selfie

Fair Theme: Country Road Views (2016)



EDITH G. HENSON MEMORIAL FLOWER SHOW

Items must be brought to the fairgrounds on Wed., July 27, 3-6pm, Thu., July 28 3-6pm and on Fri., July 29 from 8:30 – noon

Go to www.nohaverhillfair.com for complete rules. Hannah Leland 603-728-8117 or hannahleland@gmail.com

1. Bouquet of one (1) variety (no fillers)
2. Arrangement in your choice of container.
3. Arrangement in a vase
4. Arrangement in a basket
5. Arrangement of wildflowers
6. Arrangement in a pitcher
7. Miniature under 3" high
8. Patriotic arrangement of red, white and blue

9. Elegant Picnic Basket Floral Display
10. Table Centerpiece using fresh cut flowers
11. Creative arrangement in a seashell
12. Fairy Garden:
13. Theme Category: "Country Road Views"
14. Exhibit of one (1) annual in a vase.
15. Exhibit of one (1) perennial in a vase.
16. Arrangement of silk flowers

17. Hanging Plants

18. Plants

19. Ferns

20. Cacti

21. Herbs

22. Window Boxes

23. Gay Morse Memorial Class: Creative display of live plants in a planter.



ARTS, CRAFTS AND COLLECTIONS

Items must be brought to the fairgrounds on Saturday, July 23 from 1:00 to 7:00 pm

Go to www.nohaverhillfair.com for complete rules. Jane Oakes 603-272-4928.

Class I Quilts and Spreads:

72"x96" or larger

Class II Quilts and Spreads:

60"x84" or larger

Class III Any other quilt smaller than 60"x84"

Class IV Wall Hangings

Class V Embroidered Articles,
not pillows or pictures

Class VI Household Items

Class VII Crocheting

Class VIII Knitting

Class IX Rugs

Class X Decorative Painting

Class XI Pillows, 9" square or over

Class XII Handmade Wooden Articles

Class XIII Stuffed Dolls & Animals

Class XIV Pictures –

Needlework must be framed

Class XV Ceramics

Class XVI Leaded Stained Glass

Class XVII Miscellaneous Decorations

Class XVIII Holiday Decorations

Class XIX Afghans - 54" or longer

Class XX Miscellaneous



Kiddie Tractor Pull

Sponsored By: **Undercover Tents**



**Saturday,
July 30 • 3 pm**
Kennedy Arena
Prizes for All Participants
**Debbie Bigelow •
603-787-6524**

Little Miss Fair Queen

Sponsored By:

**Coventry
Log Homes**

Girls aged 6 to 12

Deadline for entry: Friday, July 22, 2016

Amy Crocker • 603-787-2566



King Arthur Baking Contest

Thursday, July 28

Drop Off Wednesday, July 27

Junior & Adult Classes

Recipe Must Be Followed Exactly

Entry Form Can Be Found At:

WWW.NOHAVERHILLFAIR.COM



Kiddie Parade

Sponsored By: **Wal-Mart**



**Saturday,
July 30 • 1pm**
Adventure Tent
Prizes for All Participants
**Debbie Bigelow •
603-787-6524**

Power Wheels Demolition Derby

Children aged 3 to 9

Friday, July 29

McDanolds Arena

Before 4 Cylinder Demolition Derby

**David Aldrich • 603-747-8070
or 603-787-6791 - Work**

North Haverhill's Got Talent

Sponsored By: **Dead River Oil Co.**

Thursday, July 28

6 pm Preliminary Round * 8:30 pm Final Round

Thayer Stage

Cash Prizes for Top 3 Contestants

Don Vogt • 603-787-9992

Deadline to Entry: Saturday, July 23

Newbury Historical Society Summer Program Starts

"The St. Albans Raid in the Civil War" will be the first of three programs sponsored by Newbury Historical Society this summer.

The St. Albans Raid was a major event during the Civil War but many people including many Vermonters and area residents do not know about it. It was a Confederate attack on the railroad center of St. Albans in 1864 but it was not a battle and troops didn't descend upon the city. The raid was an attempt by Confederacy to divert President Abraham Lincoln's attention from the battles in the South to the Canadian border. St. Albans was chosen as the first of many but in the end it was the only one. Twenty-one Confederate soldiers who had escaped Union prisons planned the infiltration of the northern Vermont town and took the town hostage and robbing its banks.

Local author Michelle Sherburne will present the program on July 24th at 2:00pm on Sunday July 24th at the First Congregational Church in Newbury, at 4915 Main St. (Route 5). Light refreshments will be served. The program is free and open to the public.

The talk based on Sherburne's book "St. Albans Raid: Confederate Attack on Vermont", was published in September 2014, the week of the St. Albans 150th four-day celebration commemorating the Raid. In 2015, she was featured as the historian expert on the Travel Channel's "Mysteries at the Museum" show that featured a segment on the St. Albans Raid.

She lectures about the Raid around Vermont and New Hampshire as well as working in area schools to teach children about the Civil War.

In addition to this book, Sherburne has published two books on the Underground Railroad -In 2013 "Abolition and the Underground Railroad in Vermont" was released and this past January, "Slavery and the Underground Railroad in New Hampshire." was released.

She also co-edited with the Peacham Historical Association, "A Vermont Hill Town in the Civil War: Peacham's Story."

Sherburne works as the production manager for the Journal Opinion in Bradford and lives in Newbury with her husband.

The second Newbury Historical Society Program co-sponsored with the Ryegate Historical Society will be the '38 Hurricane by Steve Long on August 18th at 7:pm at the Wells River Congregational Church. Steve Taylor will present the third program "The Poor Houses and Town Farms: The Hard Row for Paupers" on September 11th at 2:00pm at the West Newbury Congregational Church.

Barnies Greenhouse
Next to Barnies Market
RT. 2, CONCORD, VT

*Hanging Baskets
Vegetable Plants
Annuals
Some Perennials*



OPEN DAILY 4-6 /SAT & SUN 8-6

Littleton Food Co-op Partners with Copper Cannon Camp

Littleton, N.H.—The Littleton Food Co-op is thrilled to partner with Copper Cannon Camp in Franconia, New Hampshire to raise funds and create community connections and awareness during the month of July. The mission of Copper Cannon Camp is to enrich the lives of under-served youth of New Hampshire by providing a quality, tuition-free camp experience.

From the Copper Cannon Camp website:

"The story of Copper Cannon Camp is about giving back. The founder of Copper Cannon Camp, Hamilton Ford, overcame an underprivileged childhood of his own. When he was young, Ham received the opportunity to go to a summer camp, just as children at Copper Cannon Camp get to do today. While he was attending the camp for families, Ham noticed several things that had a permanent impact on his life. He said that while he and his family were at camp, it was the first time he saw his mother truly smile. Also, it was the first time he knew for sure he would receive three proper meals a day, every day. Finally, the camp

experience was one of the most fun, educational and impactful times of his young life, and he decided that every kid deserved the same experience.

Ham decided that if he ever was able to, he would pay the experience forward and give back for what he had received as a child. Years later, in 1963, he finally got that opportunity. Ham had a ski lodge and started bringing in children from local orphanages during the summer months to provide them with a summer camp experience. That random act of kindness quickly grew into an established organization.

In 1976, the organization moved from its location south of Franconia to its present location, a 128-acre plot of land next to the White Mountain National Forest.

The mission has always remained the same. Copper Cannon is the only camp in New Hampshire to provide a completely free traditional summer camp experience to all children who deserve it.

As the Littleton Food Co-op's Partner of the Month, Copper Cannon Camp will receive all donations collected at the checkout canisters

and \$1 from every pizza sold during Pizza for Partners Friday nights through the month. The Co-op recently upgraded the check out process so customers paying with a credit or debit card may round up their purchases in our Pennies for Partners campaign to benefit the partner of the month.

For more information about the camp visit www.coppercannoncamp.org.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. All are welcome to shop the Co-op, member or not. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

INCOME TAX PREPARATION
Personal & Professional • E-File • Payroll Services




Peter B. LaVoice
James K. Lang

OPEN MONDAY THRU SATURDAY
9:00 AM - 6:00 PM Or Call For An Appointment
pete@peterblavoice.com • 603-747-3613 • Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03785

**NOW OFFERING
CUT & SPLIT FIREWOOD**

**\$225/CORD
DRY HARDWOOD
Local Delivery
Included**



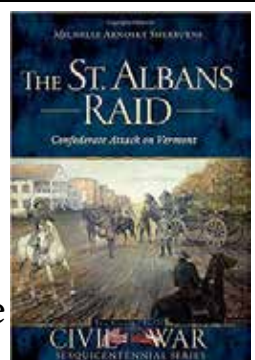
We Also Do Wood Chipping Up To 4"

**J & A
LAWNCARE**

603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH



**The St. Albans
Raid in the
Civil War**

Speaker -
Michelle Arnosky Sherburne



Sunday, July 24th
@ 2:00pm

First Congregational Church
of Newbury
4915 Main St. (Route 5)

Light refreshments
will be served

The program is
free and open to
the public



**SprayFoam
& CELLULOSE**

INSULATION
838-5112
jmyers.nhnrg@gmail.com

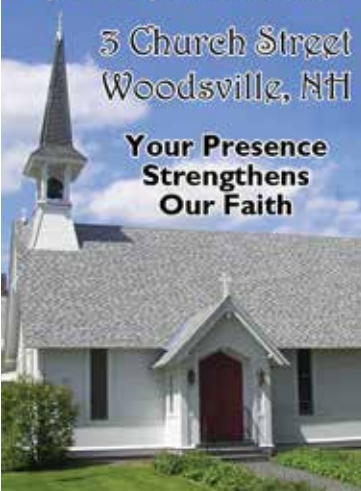
Quality Work At Quality Prices

**Our Experience Is
Superior**

St. Luke's
Episcopal Church

3 Church Street
Woodsville, NH

Your Presence
Strengthens
Our Faith



Schedule of Services
Sunday: 10:30am
Holy Eucharist and
Children's Corner

Great Location with a View of a Pond.
 2 Bedrooms, 1 bath, screened porch, year round living or a getaway. Close to all Trails & Stores.
 3 Miles from I-91 Exit 17 in Wells River, VT.
 Can be seen at Placey Associates or call June at 802-757-2211 Asking \$74,900



Explore the Gale River on a Stream Safari July 23

FRANCONIA – Children and adults of all ages are invited to explore the Gale River with the Ammonoosuc Conservation Trust (ACT) on Saturday, July 23 from 1:00-4:00 p.m. at Dow Field in Franconia.

In this Stream Safari program, participants will learn what makes a river healthy. In small groups, participants will collect bugs from the river, conduct simple chemical tests such as pH, and measure the water depth and speed. They will use their scientific data to assess water quality.

“Insects like dragonflies, mayflies, stoneflies, and caddisflies lay their eggs in the river, then go through a juvenile stage in the water before emerging on land to turn into adults through the process called metamorphosis. It’s like when a caterpillar turns into a butterfly,” said Liz Wyman, ACT’s edu-

cation and outreach director. “The types of insects found in a river are indicators of its water quality, since different species have different levels of tolerance to pollution.”

According to Wyman, some insects like mayflies need cold water and a lot of oxygen to survive, so they can only live in healthy streams. Other invertebrates, such as leeches, can survive warmer temperatures and lower-oxygen conditions, and live in waters where people might not want to swim or drink.

During the Stream Safari, participants will turn over rocks and use nets to collect insects, learn about their life stages, and identify different species. “If we are lucky,” said Wyman, “we may even get to see the dragonfly nymph extend its labium – a folding mouthpart it uses to catch prey!”

The program is free and

will be fun for all ages. Participants should meet at the gazebo at Dow Field in Franconia at 1:00 p.m. Bring a hat, sunscreen, bug spray, water, snacks, a towel, clothes that can get wet, and wading boots, water shoes, or old sneakers to wear in the river. The program will run rain or shine unless weather is severe.

For more information, please visit www.aconservationtrust.org/education-events or e-mail ewyman@aconservationtrust.org.

The Ammonoosuc Conservation Trust is the North Country’s regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.

This program is made possible by support from UNH Cooperative Extension.

Enjoy the Beautiful Connecticut River from the comfort of a Pontoon Boat



Rental fee starts at \$75.
 Half Day & Full Day rentals available

Contact Byron at The Pastures Campground Orford, NH
 Call 603-353-4579 or www.thepastures.com

HOBBO Railroad TRAIN RIDES
 Lincoln, NH  * OPEN DAILY *
 Departure Times: 11:00am, 1:00pm & 3:00pm

Enjoy one hour and twenty minute train rides along the winding Pemigewasset River between Lincoln & Woodstock, NH and back
 Tickets: \$17 adults / \$13 kids 3-11 (ages 2 and under ride free!)

www.HoboRR.com
 64 Railroad Street, Lincoln, NH (603) 745-2135

BRADFORD VETERINARY CLINIC
 Susan Dyer DVM

Dogs Boarding
 Cats Grooming
 Exotics Dental Care
 Poultry Surgery

802-222-4903
 176 Waits River Rd, Bradford, VT
BradfordVet.com or [Facebook.com/BradfordVetClinic](https://www.facebook.com/BradfordVetClinic)

LISBON Village PIZZA

Open 7 Days A Week
 Sun-Thu 11am-9pm
 Fri-Sat 11am-10pm
 99 North Main St • Lisbon, NH

\$1 OFF
 1 Large One & More Toppings Pizza
 Expires 7/25/16

603-838-9050
 Gift Certificates Available
 In The Business Since 1973
 The Original Owner, Jim, Is Back!

PERRY'S OIL SERVICE INC. Downtown - Bradford, VT
 (802) 222-9211 / 800-654-3344

HOME APPLIANCE CENTER



Authorized Dealer for all of these fine Brands

Whirlpool, BOSCH, FRIGIDAIRE, Electrolux, SAMSUNG, VESTER, Fisher & Paykel, Kenmore, Premier, ASKO, ILVE, Danby, LG, KitchenAid, WOLF, JENNAR, beo, Cuisinart, WestAlto, Amana, HOTPOINT, AMERICAN RANGE, SHARP, SONY, BERTAZZONI, MARVEL, Friedrich

DEAD TO THE LAST DROP!
 BY KEN JONES

An interactive murder-mystery!
 Follow the clues and choose the ending!


Directed by Athene Chadwick

Old Church Theater
 Bradford, Vermont

JULY 8-9-10 and 15-16-17

137 North Main St, Bradford, VT
 Friday & Saturday at 7:30pm Sunday at 4pm
 Reservations 802-222-3322 or oldchurchtheater.org

Admission \$12
 Seniors \$10
 Students \$6



Cohase July Tour Showcases Area Gardens

The Cohase Chamber of Commerce is pleased to invite you to its 5th Annual Garden Tour in the "upper Upper Valley" towns of West Fairlee, Bradford, Fairlee and Orford. This year the event has changed from its previous Sunday afternoon time frame to a Saturday tour, and from mid-June to mid-July! The 2016 Garden Tour will take place on Saturday, July 16th from 11AM-3:30PM, with maps, directions, and garden-related discount coupons available starting at 10:45 at the Fairlee Town Common, rain or shine! Tickets are \$20 per person, and include Afternoon Tea, available from 1:00-3:00 and hosted this year at Ariana's Restaurant in Orford, NH. Light refreshments and beverages will be available while visiting the large kitchen gardens on the restaurant's property, which provide fresh herbs and produce to Ariana's chef, Martin Murphy, throughout the growing season.

Also on tap this year- visit the peaceful gardens surrounding an old 1787 Federal homestead in a quintessential Vermont country setting. Located on a quiet dirt road not far from Lake Fairlee, this property has been beautifully maintained for nearly 230 years! Featuring a collection of hostas, a shade garden, many perennials, interesting trees and shrubs, and charming rock gardens, you may choose to wander down to the pond as well, and enjoy the picturesque setting at your leisure. Another property of interest is a charming English cottage-style garden

with much personality and colorful plantings! A wooden cart full of petunias catches your attention as you drive in, and is perfect for the rural, farm location of this garden. Nearby is a new home and garden with lovely long-range views of the hills and river from their property high above the valley. Though the gardens are new, they have been thoughtfully designed and planted by the owners, who have a landscaping business background. A pretty white birch arbor and a beautifully carved wildlife



totem pole add personal touches to the neat and tidy perennial gardens around the house. The gardeners of all these wonderful properties will be available to answer questions and chat about their efforts at each stop.

Two other interesting stops this year are unusual garden offerings- the Three Sisters Vineyard is high on a hill in Bradford and has recently started producing wine from their vines, planted nearly a dozen years ago. Your admission to this year's tour allows you a visit to see the lush vineyard,

learn about this venture, and have a sample of their delicious wine! The hilltop setting provides beautiful views of the rolling hills of Vermont too! Another fun stop will be the local commercial flower-growers whose pretty flowers you often see at local markets, such as the Co-Op. This farm along Rt 10 in Orford has greenhouses, barns and impressive acres of field-grown annuals they use as cutting gardens to admire. Cottonstone is conveniently located near our final stop on the Tour- the old

brick farmhouse on the former Bunten Farm in Orford, now serving as Ariana's Restaurant. Chef Martin will provide a few snacks to enjoy for afternoon tea, as you peruse his extensive veggie and herb gardens.

This year's tour is made possible through the generous contributions of Wells River Savings Bank, Odell Insurance, North Country

Organics, North Haverhill Agway, Blackmount Equipment, Garden House Studio, EC Brown's Nursery, DD Country Supply and Ariana's Restaurant.

For more information checkout the Chamber's website, www.cohase.org, or call Anne Dall at 603-353-4620, or email at adall@yahoo.com.

North Country
APPLIANCE SERVICE LLC

603-787-6677

DON BOWMAN - OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Residential, Commercial and Agricultural

ROSS PAGE
FOUNDATIONS LLC



EST. 1970

Eric Page, Owner

Concrete Foundations/Floors/Slabs • Stamped & Colored Concrete
Thermomass Insulated Concrete Walls
ACI Certified Flatwork Finishers

802-592-3166 • 348 Thad Stevens Rd • Peacham, VT 05862

\$0 DOWN Used Specials
WELLS RIVER Proudly Serving The Community for Over 78 Years

2010 Toyota RAV4 \$11,555 \$183.49 A MONTH #36152A, AWD, 2.5L, AT, Nice Shape	2010 Chevy Malibu \$12,595 \$199.76 A MONTH #36158A, LT, 2.4L, 1 Owner, Low Miles	2014 Kia Optima \$18,930 \$269.96 A MONTH #46021A, EX, 4dr, 2.4L, Leather, 9,488 miles
2015 Chrysler 200 \$15,938 \$227.69 A MONTH #40405, Limited, 4dr, 2.4L, 9sp Auto, Back Up Camera	2011 Mini Cooper \$16,994 \$268.56 A MONTH #40377, Countryman, All-4, AWD, 1.6L Turbo, Hid-Lit, Moonroof	2013 Dodge Charger \$22,172 \$349.55 A MONTH #3065N, R/T AWD, 5.7L Hemi, Red Climate Leather, NAV, Beats Audio
2016 Chevy Equinox \$24,966 \$355.25 A MONTH #40398, LT, AWD, 2.4L, Heated Seats, MyLink, Wi-Fi	2011 Chevy K1500 \$23,889 \$376.41 A MONTH #25334A, Z71, Xcab, 5.3L, All-Star, Tow, Low Miles	2011 GMC K1500 \$25,963 \$408.84 A MONTH #26709A, SLE, Crew, 5.3L, Heated Leather, Chrome Package, Tow
2013 Chevy K1500 \$27,540 \$433.51 A MONTH #25253A, Z71, Xcab, 5.3L, All-star, App pack, Leveled, 18", Low miles	2013 Chevy K2500 \$27,275 \$429.36 A MONTH #36029A, Z71, Crew, 6.0L, Leather, Tow, Nice	2015 Chevy Colorado \$29,982 \$426.12 A MONTH #36169A, Z71, Crew, 3.6L, Heated Leather, Tow

CHEVY BONUS TAG BLOWOUT! PICK YOUR TAG **20% Off** **EVERYONE QUALIFIES for our Chevy Tag PRICING!**

2016 Chevy Sonic #46031 \$17,070 MSRP - \$3,414 Savings Sale Price \$13,656 20% Off LS, 5 door, 1.8L, On-Star, Wi-Fi	All New 2016 Chevy Malibu #46040 \$25,895 MSRP - \$2,500 Savings Sale Price \$23,395 20% Off LT, 1.5L Turbo, MyLink, Wi-Fi, Wi-Fi, 37 mpg	2016 Chevy Trax #36156 \$26,935 MSRP - \$5,387 Savings Sale Price \$21,548 20% Off LT, AWD, 1.4L Turbo, Moonroof
2016 Chevy Colorado #36195 \$36,510 MSRP - \$2,510 Savings Sale Price \$34,000 20% Off Z71, Crew, 3.6L, Heated Leather, Tow	2016 Chevy K1500 #36178 \$47,810 MSRP - \$9,562 Savings Sale Price \$38,248 20% Off Z71, Crew, 5.3L, All-Star, Heated Seats, Tow	2016 Chevy K2500 #36193 \$52,995 MSRP - \$7,200 Savings Sale Price \$45,795 20% Off Z71, Custom Sport, Crew 6.0L, Heated Seats, Tow

802-757-2311 • 800-468-2956 • www.wellsriverchevy.com
Jct. Rte. 5 & 302 • Wells River, VT 05081 • Mon. - Fri., 8am - 6pm • Open Sat., 8am - 4pm

All used vehicle payments are based on 0% cash down, 2015 - 2014 payments based on 84 months at 4.99%, 2013 - 2010 payments based on 72 months at 3.99%. Admin. fee included, Tax, Title & Reg. Extra. All payments and interest rates advertised, are available to qualified buyers only, all incentives are subject to change without notice, with approved credit. Photos may not represent actual vehicle. OFFERS GOOD THROUGH 7-31-16. SEE US FOR DETAILS.

Saturday, July 16, 2016
Gardens Open 11:00-3:00 • Tea Served from 1:00-3:00 PM

5th Annual Cohase Chamber of Commerce

Explore SIX lovely Gardens at your leisure, and enjoy Afternoon Tea at "Arianas" in Orford, NH

Garden Tour Tea

Tickets, maps and garden-related discount coupons on the Fairlee Vt Common starting at 10:45. For more info go to: www.cohase.org, call 603-353-4620 or anneadall@yahoo.com

\$20 per ticket includes Tea

FEATURING:

- Gardens at a 1787 home in a quintessential Vt country setting • Cottonstone Farms- local commercial flower-growers • An English cottage-type garden
- Veggie/kitchen garden at Ariana's Restaurant
- Contemporary hilltop garden with river valley views, & birch arbor
- (By popular request) 3 Sisters Vineyard (including a taste of wine!)

Sponsored by: • Wells River Savings Bank • Odell Insurance • Blackmount Equipment • Ariana's Restaurant • North Country Organics • No. Haverhill Agway • E.C. Brown's Nursery • Garden House Studio • DD Country Supply



We Accept Cash, Check or Credit/Debit Cards



CLASSIFIEDS

Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)

Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/16 issues. Limit of 30 words.

Classifieds that exceed word count may be subject to an additional charge.

Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



FOR SALE

CERTIFIED USED BOATS. Lots of good used boats to choose from. Checked over by our certified technicians. If it's not reliable, we won't sell it. Fairlee Marine, see them on our website at www.fairleemarine.com 802-333-9745 09.16

LIGHTWEIGHT BOAT DOCKS. 1 person can install or take them out. In stock. Standing, floating, or roll-in. Fairlee Marine, see them on our website www.fairleemarine.com 802-333-9745 09.16

2000 CHEVROLET ASTRO VAN - AWD, Runs well, 166K, clean, new tires, new windshield. Asking \$2,700 OBRO. 603-398-7272 07.26

2007 HAULIN 6x12 ENCLOSED TRAILER. with side door, swing out back door. Clean & dry. \$1,700 OBRO 603-398-7272 7.26

2015 KAWASAKI KLR 650, 350 miles. Cost \$6,000, sell \$5,000. 603-340-2969 07.26

2015 SONIEVENTURE 195VRB TRAILER, New condition, queen bed, A/C, bath. Cost \$20,000. Sell \$15,000. 603-340-2969 07.26

2- MICH RADIAL P225 75 15 \$75 on rim, 4- P 225 175 15 no rims \$100 352-735-1747 07.26

NEW BOAT PACKAGES are here. We carry Avalon Pontoons, Polarkraft aluminum, & Carolina Skiff fiberglass boats. With Mercury or Honda motors. Fairlee Marine 802-333-9745 09.16

2004 YAMAHA V-STAR 650 CLASSIC. Less than 18,000 miles, two tone blue, leather, windshield, extra chrome. \$32,000 802-467-8837 07.12

LAMBS FOR SALE Dorset and Dorset/Suffolk cross. Born early March, ready to go now. Good size. \$150-\$175 each. 603-837-9040 07.12

HAND CROCHETED BLANKETS, fit up to a queen sized bed. Multi-colored, and one all blue. \$100 each. Mittens - hand knit. Size (kids) 2-4, 5-7, 8-10. Different colors. \$5.00 each. Also hand knit slippers, different colors, different sizes. \$5.00 each. Contact Penny 802-757-3337 07.12

1997 HARLEY DAVIDSON CLASSIC motorcycle. \$7,500. 802-757-2373 07.12

FOUR HANKOOK TIRES: Used one summer, P205-55R16 \$160. 802-473-6607 07.12

1994 35' SOUTH WIND MOTOR HOME. \$3,000. Call to see. 603-823-5930 07.12

FRIDGIDAIRE HEAVY DUTY STACKABLE WASHER/DRYER UNIT. \$1,200 value, \$600. or best offer. Call 603-823-5930 07.12

CHAIRS - Two matching Windsor/Walnut with arms, like new. Call 603-787-6879 \$100 each Firm. 07.26

SLIDE RULE - Pickett with How To Use and a case. \$10. Call 603-787-6879 07.26

FOR RENT

BOAT RENTALS, Pontoon, Canoes, Kayaks, Runabout ski boats. Daily and weekly rentals. We launch and pick up. Fairlee Marine www.fairleemarine.com 802-333-9745 09.16

WELLS RIVER, VT HOUSING AVAILABLE: *11 Center Street, Wells River, upper level - 2 BD apartment available now. \$700 rent includes heat, trash and snow removal. Newly carpet and freshly painted! Off street parking. 28 GROVE STREET, WELLS RIVER, 2nd floor - 1 BD apartment available now. \$700 rent includes heat, trash and snow removal. Off street parking. 31 MAIN STREET (BALDWIN BLOCK), Wells River - 1 BD apartment coming available soon. \$725 rent includes electric, heat, trash and snow removal. Central elevator & laundry facilities in building. 51 MAIN STREET, WELLS RIVER - 2 BD HUD Subsidized apartment. Rent is 30% of monthly household income. Off street parking. 51 MAIN STREET, WELLS RIVER - 2 BD apartments coming available in June. \$700 rent includes heat trash and snow removal. Off street parking. \$100 Sign on bonus for 1st year Tenants! Walking distance to banks, stores and laundry mat. Income restrictions apply. Security Deposit payment plan available! To request an application, call Shelly at 775-1100 Ext. #7, e-mail shelly@epmanagement.com or visit <http://epmanagement.com/vermont-properties/> to print an application. E.H.O. 07.26

ST. JOHNSBURY, VT HOUSING AVAILABLE: PASSUMPSIC HOUSING, Multi-Family Housing: Now accepting applications for 3 BD Units! Rent includes heat, hot water, trash, snow & rubbish removal. Must be income eligible. Income restrictions apply. Rent is 30% household monthly income. Tenant would also pay own electricity. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. FOR AN APPLICATION. 07.26

VENDOR RENTAL SPACE AVAILABLE! Sell Your New and Used Unique Items. Contact Shelly at 802-449-3330 07.26

WANTED

WORK FOR MID-SIZED FARM TRACTOR with winch and bucket. (Great for Yard or Wood Lot work). Will also cut and split firewood & bush hogging. Call for pricing and details. 603-747-4140 7.12

KILN IN DECENT CONDITION for firing ceramics prefer large w 220V. 352-735-1747 07.26

BUYING USED MOTOR OIL. Call Lee at 802-429-2500 11.29

CONSIGNMENTS: We take good late model boats in to sell for you. We do the sale and warranty, you collect the cash. They sell fast and you get as much or more than selling it yourself. Fairlee Marine, see them on our website at www.fairleemarine.com 802-333-9745 09.16

WANTED

USED OIL. We pay 50¢/gallon. We are a certified burner, so we will satisfy your legal disposal needs. Fairlee Marine 802-333-9745 09.16

SERVICES

HARTY'S PAINTING SERVICE: Interior and exterior, painting, free estimates, fully insured. Call 603-254-9682 07.12

BOAT SERVICE: Is your boat unreliable and ready to go? Doesn't have the power it used to? Our Certified Technicians fix things right. We can water test or dyno test so you know it's fixed. Fairlee Marine www.fairleemarine.com 802-333-9745 09.16

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 11.01

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, LMT. Reiki sessions & classes. 10 years experience. Offering Massage, Bio Field Tuning and Zero Balancing. Gift certificates available. 90 Farm St, East Ryegate, VT. 802-757-2809. reikiretreat@charter.net or check the website www.vtreikiretreat.com

HELP WANTED

A SELF EMPLOYED LNA OR A NURSE is needed immediately for a pleasant female client under 24 hour care in her own home in Haverhill. She ambulates with a walker and has hands on assistance. Must be strong to help with her care. Hours needed: 8p-8a, 8p-6a, 8a-sp, 2p-8p, possible some 6a-2p. This is for Fri., Sat. & Sun. and may include weekdays. Please call for more details and to make an appointment to meet the client. 603-989-5586 07.26

SALESPERSON NEEDED - Commission based, part time. Prefer someone with knowledge of Lincoln-Woodstock area. Call Gary at 603-747-2887 or email gary@trendytimes.com 07.26

Free Classifieds For Personal Items.

Call Trendy Times 603-747-2887, or e-mail: gary@trendytimes.com, or Mail to: 171 Central St., Woodsville, NH 03785 to place your ad Today.

Haverhill Historical Society to Sponsor Appalachian Trail Program

Haverhill, NH — The Haverhill Historical Society will sponsor a presentation by Dylan and Russ Wilcox called "Turning Eleven on the Appalachian Trail," the Society has announced. The program will be held at Alumni Hall in Haverhill Corner on Tuesday, July 26 at 7:00 PM. It will be free and open to the public.

Woodsville residents Dylan Wilcox and her father Russ began hiking the Appalachian Trail on April 1, 2015 and finished on November 24 in time to be home for Thanksgiving. The pair hiked the trail in sections over that period to allow time for Dylan to return periodically to her fifth grade studies. They celebrated her eleventh birthday with a whitewater rafting trip on Maine's Kennebec River. The pair will discuss their experiences and the people

they met along the Trail.

Dylan (Trail name: "Baby Blue") and Russ ("Desolation Row") pursued a "flip flop" hike, starting at Trapper John shelter in Lyme, New Hampshire, traveling south to Bear Mountain in New York, returning to Moosilauke to complete the leg to Mount Katahdin in Maine, and finally, resuming the southbound trek from Bear Mountain to the Trail's end in Georgia.

This presentation is one of a series of summer programs sponsored by the Historical Society. The next program will feature Allen V. Koop discussing the World War II German POW camp in Stark, New Hampshire. That program is scheduled for Tuesday, August 30.

The Haverhill Historical Society is on-line at <http://HaverhillHistoricalSociety.blogspot.com>

MARCUS RICHARD SMITH - OBITUARY

Wells River, VT- Marcus Richard Smith, 34, passed away on Tuesday, July 5, 2016 in Groton, VT. He was born to Craig R. Smith and Terri Blodgett in Haverhill, NH on July 25, 1981.

Marcus graduated from Woodsville High School. He was a self employed mechanic. Marcus loved spending time with his children, fishing, and snowplowing with his dad, 4-wheeling, and mudding at Goss's Mud Bog. He will be remembered for his warm and genuine smile, and for harassing his siblings.

Marcus had three beautiful children with his long-time girlfriend Danielle Burroughs.

Marcus is survived by his children Ethan Francis Smith, Fallon Devon Smith, and Ryan Marcus Smith; his father, Craig R. Smith

of Wells River, VT; his sisters, Crystal R. Smith and wife Tammy of Enfield, NH, and Kimberly R. Crawford of Woodsville, NH; his brothers, Craig J. Smith of Deltona, FL, Todd Blodgett and Charlene of West Fairlee, VT, and Shane W. Crawford of Manchester, NH; nieces and nephews, Trevor, Andrea, Kera, Kaleb, Olivia, Shania, Sebastian, Kaylee, and Bailey; his grandparents Frank and Jacqueline Smith of Canaan, NH, his aunts and uncles, Deanna Smith of Canaan, NH and her two children Joe and Samantha, Jenn Hobbs and her husband John of Canaan, NH and their three children Cory, Caleb, and Connor, Denise Smith-Brooks and her husband Galon Brooks of Woodsville, NH and their three children Tommy, Billy Joe, and Stacy; and many loving friends.



A celebration of Marcus's life will be on Saturday, July 16th at 1 PM, at his dad's home at 1938 Route 302, Wells River, VT.

For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Not all Times are Trendy, but there will always be Trendy Times

July 12, 2016

Volume 7 Number 20



Bradford Fair
66 Carson Lane
Bradford, VT 05033
(802) 222-4053
www.bradfordfair.org

Find us on Facebook

BRADFORD PARADE
THURSDAY 7 PM

JULY 14 - 17 2016

Bradford, VT



**FAMILY FUN!
MUSIC!
FAIR FOOD!**

AAA Truck Pulls




ATV/ Motorcycle Racing

LAWN TRACTOR PULLS

ATV / UTV PULLS

OX & Pony Pulls

Horse Hitch

CONCERTS



Gone Walden Mountain High Band
Vermont based band



LOG LOADER COMPETITION

GATES OPEN
 Thursday, July 14 at 4 PM
 Friday, July 15 at 8 AM
 Saturday, July 16 at 7 AM
 Sunday, July 17 at 7 AM



TRACTOR PULLS

FRIDAY CONCERT
"HITMEN" 8 PM
SATURDAY 2 TO 7 PM
BUDDY THE CLOWN
ON THE MIDWAY!
SATURDAY 2 PM CONCERT
"GONE WALDEN MOUNTAIN HIGH BAND"

\$10 ADMISSION
AGES 5 & UNDER FREE!
CAMPING AVAILABLE



Kiddieland

MUSIC! DAIRY SHOWS!
OX & HORSE PULLING EVENTS!

RIDES BY
D&L AMUSEMENTS

Finding Solutions for Your Financial Needs

Kim R Shillieto
Financial Advisor

One Main Street
Littleton, NH 03561
603-444-0344
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

Act Today to Avoid Financial Regrets Tomorrow

"Regrets? I've had a few." – Frank Sinatra.

Mr. Sinatra, one of the most famous entertainers of the 20th century, did things his way, but he was also familiar with remorse. He's not alone, of course. We all deal with regrets – and financial ones are among the most troublesome.

Here are the leading financial regrets, according to a recent survey by Bankrate.com, along with some suggestions for avoiding them:

- Not saving for retirement early enough – This was the top regret expressed by survey respondents. Saving and investing early for retirement offers you two key benefits. First, the more time you give growth-oriented investments, the greater their growth potential. And second, by saving and investing for retirement early in your career, you will likely need to put away less money each year than

you would if you waited until, say, your 40s or 50s. So, if you aren't already doing so, contribute as much as you can afford to your IRA

and your 401(k) or similar employer-sponsored plan. And increase your contributions every time your salary rises.

- Not saving enough for emergency expenses – You can't plan for all expenses. Your furnace might die, your car may need a major repair, you may incur a sizable doctor's bill – the list goes on and on. If you don't have the money available to meet these costs, you might be forced to dip into your long-term investments. That's why it's important to maintain an emergency fund, containing three to six months' worth of living expenses, in a liquid, low-risk account.

- Taking on too much credit card debt – If you don't overuse your credit cards, they can be handy and helpful, in many ways. Try to keep a lid on your credit card debt, keeping in mind that your debt payments reduce the amount of money you have available to invest for your long-term goals, such as a comfortable retirement.

- Not saving enough for children's education – This may be perhaps the most difficult regret to address – after all, it's not easy to save for your own retirement and

simultaneously put money away for your children's college educations. However, if you can afford to save for college, try to do so in as advantageous a manner as possible.

- Buying a bigger house than you can afford – If you tie up too much money in mortgage payments, you will have less to contribute to your various retirement accounts. And while home equity certainly has some value, it generally does not provide you with the same liquidity – and probably not the same potential for growth and income – as an investment portfolio that's appropriate for your needs and risk tolerance. So, think carefully before purchasing that big house – you might be better served by scaling down your home ownership and ramping up your investments.

You can't avoid all the doubts and misgivings you'll encounter at various stages of your life. But if you can reduce those regrets associated with your finances, you could well increase your satisfaction during your retirement years.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



OUR MISSION:
To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes.


PO Box 98, Franconia, NH 03580
603-823-7077
atnhs.email@gmail.com
www.atnhs.org

ABOVE THE NOTCH
HUMANE SOCIETY

Sleeping Sentinel Concert Scheduled with Banjo Dan!

Concert Salutes Anniversary of "Sleeping Sentinel" of Groton

Groton Vermont: The Groton Historical Society along with the Groton Free Public Library and the Groton Recreation Committee are excited to announce the "Sleeping Sentinel Concert" performed by renowned musician Banjo Dan on Saturday, September 3 at 5:30 PM at the Veterans Memo-

rial Park in Groton Center. The concert is free and open to everyone.

The concert is in celebration of our local history and in recognition of the 155th anniversary of Groton native Private William Scott's ("The Sleeping Sentinel") famous pardon by President Abraham Lincoln. The concert will feature not only great music but also a Sleeping Sentinel Trivia Contest with prizes, a cider press demonstration by Artesano Meadery as well as delicious refreshments.

Banjo Dan is a Vermont-based musician known for his work with the Mid-nite Plowboys and the Sky Blue Boys as well as his commitment to documenting Vermont history through song. This concert will feature songs from Banjo Dan's new "Sleeping Sentinel" album as well as other tunes highlighting Vermont and local history. "The Sleep-

ing Sentinel" album is the fourth and final volume of Banjo Dan's "Songs of Vermont." The centerpiece is a ten-part suite of songs and tunes relating to Vermont's role in the Civil War and especially the remarkable story of Private William Scott of Groton, Vermont, the Civil War soldier who fell asleep on sentry duty, was arrested and court-martialed, sentenced to death by firing squad, pardoned at the last minute by President Lincoln, and went on to die a hero's death in battle. Additional songs recall the tragic tale of the Ascutney farmer who resisted the building of the Interstate highway through his homestead, the "Big Bang" of Berlin, growing up in St. Albans in the 1950s, and much more. Many of these songs will be featured at this concert with a spotlight on Groton's own Sleeping Sentinel.

MANLIFT RENT
Day • Week • Month

Trailer Hitch Installations

TOOL BARN, INC.
1233 LOWER PLAIN • ROUTE 5
BRADFORD, VT
802-222-9311
Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon



Trendy Threads in Woodsville, NH has NEW STORE HOURS effective August 1, 2016 Wednesday - Friday & 1st and 3rd Saturdays 9:30am - 5:00pm 603-747-3870

Janice is in need of a Get-a-Way



Trendy Threads will be closed Tues, Aug. 2nd thru Fri, Aug. 5th Reopening Sat, Aug. 6th at 9:30am
www.TrendyThreadsWoodsville.com

Athena's Adult Home Novelties

Adult Novelties • Spa Parties
50 Shades of Gray Parties • Bachelorette Parties



APRIL DYKE
Adult Event Planner
603-991-6194

ATHENA'S
HOME NOVELTIES



Letter To The Editor

To The Editor,

The Democrats are having a sit in for gun control. They want to control my ability to defend myself, my family and property.

There was a terrorist attack in Orlando. He, like all terrorists, wanted to kill, maim and hurt as many people as possible. He bought the guns and ammunition legally.

Does anybody think that a law against buying a certain gun would have stopped him? Would he have bought a less lethal gun? NO!

He would have bought them illegally, leaving we law abiding citizens without the same protection.

Does anyone think that someone who is intent on murdering people (we do have a law against that), would stop at not committing another law?

Terrorists will use anything to kill and hurt as many people as they can. I can hide from a terrorist with a gun. I can run. If they use a bomb, I would be in a worse situation.

Do you think they might use something more devastating. In the past they have used guns, bombs, machetes, cars, and yes... even planes.

Hillary, Obama... they have security to protect them. When the secret service puts their guns away, then they can talk to me about my guns.

I do not own a gun presently. I have a security system in my home as there was an attempted break in.

I have a license to carry and will be taking gun safety classes before buying a gun. I plan on buying a shotgun, a hand gun and a rifle. I have the right to protect myself. The constitution gives me that right and I am not going to let the federal government take that away from me.

Wealthy can have security who carry guns, but law abiding citizens should not have them. Charlie Rangel said he and Congress deserve the right to have a protection. What makes the rich allowed to have protec-

Linda,

You have brought up many issues. Let me try to respond to a couple.

I also do not currently own a gun. However, I feel that I have every right to own one if I so choose. I strongly believe that before I buy a firearm, however, a background check should be done, and I should prove that I know how to handle the weapon I am buying.

There is no question that those who wish to break the law, will find a way to do so.

Regarding radicalized terrorists, it can be

tion and not us regular citizens? What makes our representatives in Washington DC think they are better than us?

A few months ago, the police chief of Washington D.C. said in terrorist situations, people need to be able to protect themselves. There was an uproar. Police may take time to get to the situation. In the minutes for the police to get there many people will be killed or hurt.

We need classes to protect ourselves. The Laconia police had a class. But we need more. The state is going to give NH state employees classes to protect themselves in these situations.

I want to be able to attend that class.

In Orlando, people hid in the rest rooms. The terrorist went in there. We need to learn how to prevent someone from coming in a door with no lock. I was told fire extinguishers are great to protect. I want to be shown. We need this ingrained in our brains so if this happens, we do not need to think, we can react correctly to protect ourselves and others.

But what is most important is that law abiding citizens should be able to carry a gun. These mass shootings were in gun free zones. There was one off duty police officer that tried. But he was alone. Do you think if there were more law abiding citizens, there would have been so many deaths and injuries?

When the no fly list started there were 400 people and now there are over 7 thousand. Senator Ted Kennedy was on the list and it took him 6 months to get off. A citizen would have to pay legal fees to get off the list. About 1 thousand Americans are on the list. A law abiding citizen should not have to pay legal fees to get off a list he does not belong on to buy a gun.

Both the watch list and no fly list are government lists. I do not think the names on it are public. Do you want the government to have lists that will define

what we can do and we have no access to it? We have no idea if we are on the list.

The federal government wants to let in people from terrorist countries and they cannot guarantee that they are not terrorists, yet they want to try to keep guns from Americans.

The Terrorist watch list has over 70 thousand names on it. How many innocent Americans are on it?

Why do the feds want to prevent innocent Americans from buying guns and yet let in terrorists?

Why are our borders so porous? Why is the person who tried to shoot Trump, from Europe and he overstayed his visa?

Drug dealers are arrested with guns that the serial numbers are taken off. There is a federal law against possessing these guns. But what does the federal prosecutors do? They make a deal with the drug dealers and the gun possession is not part of the prosecution and the dealers agree to possession and sale. Saves on court trials. Then when the government wants to let people out of prison, there is nothing mentioned about guns so it is not a violent crime and they are let out early. What a scam?

Take away guns from legal and law abiding citizens and drug lords get a free ride with illegal guns...

The liberals change the subject. A terrorist killed and injured many. Stop the terrorists. Stop them coming into the country. Stop Americans from becoming militant in some of these mosques.

The Orlando terrorist was friendly with a suicide bomber who went to Syria to ignite the bomb and kill.

Most mosques have law abiding citizens, but some are radical and need to be watched.

So typical of the liberals to change the subject from what really is the problem.

Linda Riley
Meredith, NH

very difficult to identify all who fall into that category. I do not know the statistics, but I do know that this country has seen many "home grown" radicals, as well as those who have recently immigrated to this country. I believe that our immigration policies are in need of an overhaul. We need to allow in those who have a good reason to be here, and to keep out, when possible, those who wish to do us harm.

The bottom line, to me, is this. Guns do not kill people, people kill people.

Gary Scruton, Editor

Letter To The Editor

To the editor,

You've heard the expression, "until you walk in my shoes." Before you take your dog for walk on a hot day, take off your shoes, and walk a mile on the hot pavement. If it hurts/burns your feet it well certainly burn your dog's paws. It would be better to leave it at home, in its own backyard on some cool grass to lay around on. Maybe even a kiddie pool or sprinkler, for it to run through. Or inside.

Remember don't leave your pet outside on a hot or freezing day or inside a car while you're inside a store shopping. Make sure they have plenty of water and

shelter.

There are a lot of don'ts to own a pet. First of all remember when you get them it will be "expensive" through their lives. Ticks are here, check your pet often. Medicate. Remember, they're small when you get them, but they will grow up. Some will be "BIG". They are great companions and always happy to see you. You, be happy to see them as well.

They are like a small child, take care of them. Be safe and keep your pet safe as well, enjoy your Summer.

Nancy Leclerc
N. Woodstock, NH

Nancy,

You make some very good points here. Let me mention one more. When you are going to a public gathering, like a concert, fair or amusement park, be sure to check ahead and see if pets are allowed on the grounds. Many such venues do not allow pets on the grounds, and if you have brought your pet with you, you will need to choose between not going yourself, or leaving your pet in the car. Neither of those are what you intended when you left home. So take an extra minute to check things out and be prepared.

I also recently read that a new law allows for a passerby to forceably open a locked vehicle in order to rescue a child or pet that is in danger. Of course there are specific steps to go through in order to take this step. First and foremost be sure to contact authorities before doing it yourself.

Gary Scruton, Editor



DEEP=DEEP DISCOUNTS ON OVER 300 PIECES OF.. SILVER AND GEMSTONE PIECES!

90 NECK CHAINS
29 PENDANTS and PINS
75 BRACELETS 50-60% OFF
72% OFF ON 50 WATCHES!

50% TO 72% OFF SALE!

White Mountain Trader, 147 Central St., Woodsville, NH
JUNE SALE HOURS ... NOON TIL 5 and 7-9 pm 603-243-0225

P. Garrow Propane Service, LLC

Peter Garrow - VT & NH licensed
Master Propane Service Tech
24 Hour Emergency Service



Propane System & Appliance Installation
Rinai/Buderus/Empire/York/Smith/All Major Brands
Cell # (802) 359-3324 Home (802) 333 4489
Pgarrowpropaneservice@gmail.com



Second Chance
animal rescue

1517 Meadow Street
Littleton, NH 03561
603-259-3244
www.secondchancear.org

"we care when there's no one there"



Stockley Trucking

405 SOUTH MAIN ST. LISBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

CALL FOR PRICES - 603-838-2860

Monday - Friday 7 AM - 4 PM • Saturday 7 AM - 12 Noon

A Walk in the Woods - Looking for Warblers and Other Birds

By Jim Frohn,
Grafton County Forester



I recently joined a group of foresters, biologists, conservation commission members, and others on a walk in the woods for a workshop called Forest Management with Birds in Mind to discuss forest management practices and their effects on songbird habitat.

We joined Len Reitsma on his family's Reitsma American Tree Farm in Canaan, NH for the walk. Len teaches Environmental Biology at Plymouth State University, and for the past year, he has been working with conservation biologist Dan Lambert and Environmental Biology students as well as foresters and wildlife biologists to develop forest management guidelines for some of the Northeast's Species of Greatest Con-

servation Need (SGCN). Of particular interest to Len is the Canada warbler, one of the SGCN bird species.

In order to study the effects of timber harvesting practices on bird community diversity, a timber harvest was conducted on the Reitsma family's land in March 2012. The harvest involved a series of 15 group and patch cuts, ranging from 1/2 acre to 3 to 4 acres in size. Within each group or patch, most or all of the trees were removed in order to open the canopy and stimulate the germination, sprouting, and growth of tree seedlings, grasses, forbs, and shrubs. Scattered live trees left standing in the patches are used by Canada warblers for singing perches. In between patches, either light thinning was done or the area was left alone.

The limbs and tops of trees were treated differently in the patches as well. Some patch cuts had the entire tree removed, in others some of the trees were topped in the patch, and in some others the branches were brought back to the patch with the logging machinery and piled.

In order to monitor the effects of the harvest practices, point counts were taken before and after the harvest. Point counts involve estab-

lishing a series of points on the ground in the woods; then at each point an observer who is well-versed in bird identification by sight and song stops for 10 minutes and records all birds seen and heard. Comparing the pre-harvest to post-harvest counts, the effect of the group and patch harvest was an overall increase in bird species diversity, with no negative impact on bird species that are associated with forest interiors. Counts done in May and June during the same year as the March harvest were already starting to show increases in the number of species; counts done a year later showed an even greater increase. Prior to the harvest, Canada warblers were not present in the forest, or their numbers were very low; after the harvest their numbers increased. Other species that increased as a result of the patch cuts include the magnolia warbler, Nashville warbler, verry, black and white warbler, and several others.

The most exciting part of our walk was the chance to observe some of these songbirds up close. One of Len's grad students was monitoring a mist net set up nearby. Birds that were caught in the net were promptly removed with no injury to the bird. Three birds captured during our visit were a magnolia warbler, a Canada warbler, and a black-throated green warbler, which we got to observe up close, and some of us even got a chance to hold them. Mist nets are a tool used by researchers to capture birds for population and health monitoring. Captured birds are often affixed with small bands around their leg

so that researchers can keep track of them over time. Len told us about one particular warbler that was first banded nine years ago, and has returned to the same spot in the forest year after year. And these birds are travelling all the way from Central and South America! It's amazing to think that they can travel all that distance and find the same spot year after year.

Another thing we learned at the workshop is that a variety of birds use a variety of habitats in the forest. Differences in forest habitats involve tree species composition, size classes (seedling, sapling, poletimber, etc.). Some birds use freshly cleared areas, some use seedling and sapling stands, some use pole timber, and some use mature sawtimber size stands. Most species use more than one type of habitat in the forest, rather than depend strictly on one type. The Canada warbler, for example, uses hardwood forest types that range from sapling size to poletimber size. Some birds have narrower habitat niches, such as the olive sided flycatcher, which prefers recent clearcuts and seedling size stands. The white throated sparrow, on the other hand, uses a wide band of forested habitats, from freshly cleared openings to poletimber stands that are around 20 years old. Even birds that are more abundant in older forests, such as the ovenbird and the red-eyed vireo, also use younger forests.

A take home message for me was that in order to maintain a variety of forest bird species on the land-



scape, there needs to be a variety of forest habitats. As mentioned in last month's article, many of the "natural" disturbance patterns that existed on the landscape are no longer as prevalent as they once were or they are non-existent today, so it is up to us to create these habitats where appropriate and needed. Since harvesting trees is the chief means of creating these habitats, it is important for there to be strong markets for forest products. The harvest that created habitat for the Canada warbler and increased the overall diversity of songbirds on the property also produced sawlogs for lumber, pulpwood for paper, firewood for home heating, and chipwood for generating electricity. The next time you see a truckload of logs travelling on the road, it is likely that the harvesting of those trees created habitat that will support a wide range of species, while at the same time providing a livelihood for local people and raw materials for society. Planning and coordination between landowners, foresters, biologists, and loggers results in positive outcomes for people and wildlife.

White Mountain Garden Club announces It's 2016 Garden Tour

The White Mountain Garden Club Garden Tour will take place on Saturday, July 23, 2016 from 10:00 Am to 3:00 PM. There are eight gardens on the tour spread among Littleton, Bethlehem, Franconia, Sugar Hill and Whitefield. Tickets for the tour are \$10.00 each until the day of the tour. On that day they will be \$15.00 each. Three raffle prizes will be available. They include a lovely, original watercolor painting entitled Summer View contributed by Susan Retz. Two additional prizes are garden trugs each containing garden gloves and tools. Raffle tickets are \$1.00 per ticket or six for \$5.00.

Tickets for the tour and raffle will be on sale at the following locations: WREN in Bethlehem until July 22nd; Littleton Coop, July 9 & 16 from 10:00 Am to 2:00 PM; The Nest Gift Shop, Main Street, Littleton on July 8th for Littleton's 2nd Friday Celebration from 5:00 PM to 8:00 PM. On the day of the tour, July 23rd, tickets will be available at the Franconia Town Hall porch and at the Whitefield Common from 9:30 to 11:00 AM, where all brochures will be distributed with directions to the gardens. All funds raised by the White Mountain Garden Club Tour will be donated to support local charities.

Route 5 Collectibles
ANTIQUES

Will Buy One Item
Or Complete Households

Always Buying US Coins

Open 10-5 • Closed Tuesday
277 Main Street • Lyndonville
802-626-5430

GRS Tire & Auto
Full Service Auto Repair
Foreign & Domestic

Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales

GARY SIEMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5



TRENDY TIMES STAFF

SALESRICHARD M. RODERICK, & GARY SCRUTON
CONTRIBUTING WRITERS ELINOR P. MAWSON,
DISTRIBUTION AGENTS. MARIANNE L. KELLY, MELANIE OSBORNE,
VAUGHAN SMITH, RICHARD RODERICK, ROBERT ROUDEBUSH, DAVID TURNER
JESSICA EMERSON, GARY SCRUTON
EDITOR / PUBLISHER.....GARY SCRUTON
TRENDY KITCHENRONDA MARSH
EDITOR'S ASSISTANTJANICE SCRUTON

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com

171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00 am - 5:00 pm

Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Volume 7 Number 20
July 12, 2016
Not all Times are Trendy, but there will always be Trendy Times

Local Student Saves Haverhill Taxpayers Over \$16K

On Sunday, July 5, 2016, Raymond Dube received his high school diploma from North Country Charter Academy (NCCA) in Littleton, NH. Raymond was originally due to graduate in June of 2017, but transferred to NCCA in September of 2016 from Woodsville High School. At NCCA students are allowed to work at their own pace. Because of this unique aspect, Raymond completed 2 years of traditional high school instruction in one year, thus saving Haverhill tax payers a year of tuition, currently over \$15,000 per student.

Raymond completed his course of studies with honor roll grades. He has been accepted into the Automom-



otive Technology Program at White Mountain Community College, scoring highly on the Accuplacer test. He will begin classes in the Fall & will continue to apprentice at Flatlander Foreign Auto in Haverhill, NH.

Whitney Announces Run For Grafton County Commissioner

Stephen Whitney has announced his candidacy for the Republican Nomination of Grafton County Commissioner, District 2.

My purpose in running for Grafton County Commissioner is to serve the county in a fiscally conservative manner, while ensuring that residents are able to access needed social services and programs.

Until my retirement I served as a correctional officer for over 25 years for the Grafton County Department of Corrections. During that time I was a member of the Grafton County Employee Council where I participated in negotiations with the County Commissioners on employee related issues and

gained an in- depth knowledge of County government departments.

As coordinator of Operation Impact, a youth diversion program conducted in the jail and schools throughout Grafton County with inmate speakers who talked about the consequences of their actions, we made over two thousand presentations and thousands of young people participated in the program. My work in this program as well as being a lifelong resident of Bath, gave me first hand knowledge of issues facing communities in Grafton County.

I live in Bath with my wife Teresa and graduated from Plymouth State in 1976 with a BS degree in Busi-

ness Administration. I am a member of the Bath Zoning Board, Bath Cemetery Commission, Bath Budget Committee, Friends of the Bath Public Library, Haverhill Area Substance Misuse Prevention Coalition, Incorporator of Cottage Hospital, member of Mt. Cube Masonic Lodge in Orford, NH. and past member of the NH Advisory Group on Juvenile Justice and former trustee of the Bath Town Trustee funds. I am a volunteer at the Grafton County Nursing Home, and volunteer driver for Meals On Wheels at the Horsemeadow Senior Center in North Haverhill.

I can be reached by email at Whitney4graftoncomm@hotmail.com.

Gubernatorial Candidate Forrester to Host Annual Complimentary Ice Cream Social

Sen. Jeanie Forrester, R-Meredith, and candidate for Governor, will host an ice cream social at the Horse Meadow Senior Center on Wednesday, July 27th immediately following lunch.

"I'm pleased to host this ice cream social at Horse Meadow Senior Center.

For six years I've held this annual event to provide an opportunity for constituents to share their thoughts with me.

As a Gubernatorial candidate, I want to continue that practice and share with folks why I've decided to run for Governor and answer ques-

tions they may have. It's a great way to be accessible, answer questions or concerns, and have some ice cream," said Forrester.

The ice cream social is free and open to the public. RSVP's are appreciated by email at jeanie@jeanieforrester.com or 279.1459.

Bronson Hill Nature Walk Wednesday, July 20th

SUGAR HILL – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk on conservation land in Sugar Hill on Wednesday, July 20th from 3:00-6:00 p.m. The public is invited to this free program to learn all about trees, flowers, ferns, wildlife, and the history of the land.

The Bronson Hill nature walk will introduce participants to 320 acres of land conserved by ACT through the generosity of several local families. The Foss Forest, MacCornack-Evelyn Forest, and Bronson Hill Conservation Area form a significant unfragmented tract of forest that is home to wildlife and features splendid views of Franconia Notch. Trails on the properties are open year-round for enjoyment by the public.

This is the second in a series of five nature walks this summer on local lands that ACT has conserved. The walks take place every other Wednesday from 3:00-6:00 p.m. All programs meet at the ACT office at 729 Main Street in Franconia, and the group will carpool to a different site each week.

The summer nature walk series is led by ACT's Direc-

tor of Education & Outreach Liz Wyman and volunteer Linda Moore, who will teach participants about plants and wildlife. There will also be special guest hosts who have been involved in the conservation and management of each property.

"This is a unique opportunity for people to explore the beautiful conservation lands in our area and learn about the natural and cultural history of our region," said Wyman. She has previously taught field courses on natural history and ecology at White Mountains Community College and the Community College of Vermont.

Participants of all ages are welcome. All walks will be at a slow to moderate pace with many stops to observe and enjoy nature.

Recommended gear includes long pants, boots or

sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guide books and binoculars are optional for those who want to learn and see more.

The full schedule of nature walks includes Whipple Field on July 6, Bronson Hill on July 20, the Crocker Preserve on August 3, the Gale Forest on August 17, and Cooley-Jericho Community Forest on August 31.

For details on each hike, please visit www.aconservationtrust.org/education-events.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.



RICH SAFFO

Concrete Form Co., Inc.

Since 1978 Continuous Service

Phone: 603-787-6747 Fax: 603-787-6560



603.353.9700

www.gothomson.com

53 RT 10 ORFORD

EXCAVATION

Robert's Thrift Store

Red Tagged Items: 25¢

White Tagged Items: 1/2 Price

All Winter Items: 75% Off

Daily Specials - Every Day Something Different

Located Under The Post Office In Bradford • 802-222-5001

A Local Agent For A Local Company

We offer Vermont Mutual:

Home • Auto • Business

Good Claim Service

Competitive Rates



Since 1828

The
Taylor-Palmer
Agency

"Insurance Service Since 1860"

Bradford, VT 05033

802-222-5222 • 802-222-2903

www.taylor-palmeragency.com

Serving the area for over 100 years!

Auto • Home • Farm • Business • Life • Health

Senior Feet

Foot Care For Age 55 & Older



Beverly Sinclair
Registered Nurse

802-449-7385

bev@sinclair-chiro.com

www.bevsseniorfeet.com

183 North Main St
Bradford, VT

Prepare Ye for GODSPELL!

After a whirlwind opening to our 30th season with the hilarious hit, *Leading Ladies*, Jean's Playhouse is thrilled to announce the upcoming unveiling of our second show this season, *GODSPELL*, presented by our professional Papermill Theatre Company!

Godspell, an eclectic blend of songs- including international hit "Day by Day"- is employed to bring Jesus's messages of kindness, tolerance, and love vibrantly to life. The entire production consists of parables from the Gospel According to Matthew set to music, as Jesus Christ recruits a band of followers to teach valuable lessons through song and dance. This vibrant musical by Stephen Schwartz and John-Michael Tebelak opens July 14th and runs Tuesday, Thursday, Friday, and Saturday at 7:30 pm through July 30th. Two Wednesday matinee performances will take place at 2 pm on July 20th and 27th. More information on *Godspell* can be found on our website!

Stay tuned for the rest of our mainstage performances this season! Avenue Q: opens August 4th-20th; *Altar Boyz*: August 25th – September 10th; *Steel Magnolias*: September 22nd – Oct 1st; and the fall season closes out with *On Golden Pond*: October 6th- 15th.

Jean's Playhouse professional main stage series tickets are \$30 per adult, \$25 per senior (65+), and \$16 per child/student. A 10-Pack of tickets may be purchased for \$250, a discount of \$5-off our top-priced ticket. 10-Packs are valid for all performances at Jean's Playhouse (excluding fundraising events) for twelve months after receipt. Specialty packages including the "NH Resident Friday Night Package", "Six Play Package", and the "3fer Matinee Package" are being sold through June 30th, so solidify your deal today while they are still available! Call the Box Office at 603-745-2141 to make your reservation!

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (opening this June!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.

Zucchini and Summer Squash

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



I had my first seasonal meal of zucchini last week. For me, zucchini and summer squash are a sign that summer is firmly here and a wider variety of seasonal produce is on the way. Smaller farm stands start to open up at this time of year and farmers' markets seem to really start hopping.

Zucchini and summer squash are also pretty versatile. I like to add them to pasta and tomato sauce dishes. They're also good boiled or steamed with onions and black pepper. Then there's stir fry, zucchini parmesan, baked with a little cheese, grilled on the barbecue, veggies and dip, and of course who doesn't like zucchini bread especially if you add chocolate. Some people will tell you that certain varieties are better in certain dishes, I focus more on the stage of ripeness.

For most dishes, zucchini and summer squash are best harvested when the skin is still glossy and they are 7-10 inches long or 3-4 inches in diameter for the patty pans. They are less likely to be spongy and have defined seeds at these sizes so they hold up when you cook them. Timely harvest, while easier said than accomplished, also keeps the plant producing new flowers and new fruit. Fortunately, if you lose control of the planting and they get bigger they are then perfect for zucchini



bread.

Perhaps rather than "if you lose control of the planting" I should say "when". Zucchini and summer squash are the perfect plants for the new gardener because they tend to produce far more than you expect or can ever keep up with. I sometimes imagine the number of possible recipes were dreamed up by desperate gardeners trying to find something, anything new, to do with their harvest. Keep in mind that both male and female flowers are produced on the same plant, so you don't need more than one. I can hear some reader saying, "But, if I only plant one I have to decide on only one type. Green, yellow, patty pan and crook necked, I like them all." Fortunately for you, the fruit last a week or two in the refrigerator, they freeze well, and you can give them away to your friends, as long as they are not also gardeners.

From my perspective, one of the few real challenges with zucchini and summer squash is their tender skin. They tend to get scratched and pitted very easily and then they don't keep as well.

I cringe when I see people toss them casually into the harvest bucket or shopping cart.

I do occasionally get questions about misshapen fruit that look more like a bottle for feeding calves instead of the typical cylinder with a slightly widened blossom end (see photo). This is an irritating problem, because the misshapen end tends to go bad. You reach down to pick what looks like a great zucchini because you only saw the stem end and the blossom end turns to mush in your hand. If the problem is very bad, you may notice the fruits dropping off the plant before they are even ready to harvest.

In most cases this problem is due to poor pollination and it tends to be sporadic for a few reasons. First, male flowers tend to blossom earlier than the females on the same plant and then the female flower is only receptive to pollination for one day, leaving a fairly short window of opportunity for your pollinators to get to work. Also, many pollinators don't work well in the rain, so a shower on the wrong day can mean a female flower doesn't get fully pollinated. Fortunately, the plants will just keep setting more flowers so the pollinators can try again when it stops raining. If you water with a sprinkler or hose, try doing it in the early evening when most of the days' pollination has already happened. This year we haven't had much rain so if you are seeing this problem, it could also be high temperature and humidity. Pollination is less effective at temperatures above 90°F and/or at high humidity.

On the bright side, it's pretty rare to have a severe zucchini and summer squash shortage even if you do have the occasional pollination failure. Just pick that fruit off, send it to the compost or give it to the chickens, and in a couple days you'll be back in business.

Not all Times are Trendy, but there will always be Trendy Times

Volume 7 Number 20

July 12, 2016

Timberwolf RUBBISH REMOVAL
Residential & Commercial Services Available
10 Holly Street, Woodsville, NH • 603-747-8974

Serving: Woodsville, Bath, North Haverhill, Haverhill, Lisbon, Littleton, Lyman, Landaff, Benton, Pike & Wells River.

Hood's Plumbing and Heating Inc
Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning
24-Hour Emergency Service For Our Customers
Free Estimates | Give Us A Call!

CHRIS DELLINGER
NH #2712 • VT #PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Haverhill, NH

RICH CLIFFORD
CONCRETE FOUNDATIONS
SLABS, RETAINING WALLS, CURBINGS, SIDEWALKS INCLUDING RAILINGS
NO JOB TOO SMALL

54 Clifford Drive
N. Haverhill, NH

Rich Clifford
603-787-2573

EVERY BUSINESS HAS EXPENSES

\$

**Rent Or Mortgage -
A Place To House Your Business
Wages For Employees -
Or Money For A Sole Proprietor
Products For Resale -
Parts, Supplies, Tools, Etc.
Advertising -
To Keep That Business Going**

**These are all necessary expenses
to run a business!
Don't scrimp on any of them!**

**Advertise In Trendy Times
For Just \$6.00 Per Column Inch
(this size ad just \$66 or less to tell
8,000 plus readers about you)
Contact Gary at 603-747-2887
or email gary@trendytimes.com**

\$

Minimizing the Influence of Tobacco Industry Advertising on Vermont's Youth

Tobacco is the number one cause of preventable disease and death in the United States, and it has extremely adverse effects on Vermont specifically. About 95,000 Vermonters smoke cigarettes. Over 800 Vermonters die each year from tobacco-related diseases. In 2011, 53,000 people (55% of all Vermont smokers) attempted to quit. Over 400 Vermont youth become daily smokers every year. These numbers are staggering.

The Counter Balance campaign was started by the Vermont Department of health in 2014 with its primary focus on raising awareness on how the tobacco industry targets our youth with tobacco advertising in retail convenience stores and grocery stores. Counter Balance provides the community with tools to help combat the craftiness of the tobacco industry's marketing strategies from recruiting its next generation of tobacco users; Vermont's youth.

As a part of the Counter Balance campaign a survey was administered in 2015 statewide to assess the awareness and attitudes regarding tobacco industry influence. A total of 1,185 surveys were collected in which 75% of parents agreed that youth are exposed to tobacco advertising within their communities. Among the overall sample young adults reported highest tobacco use at 21%.

As part of the Counter Balance Campaign, 767 retail establishments in the state of Vermont that sell tobacco products were assessed in an effort to address the significant influence of tobacco advertising on our community's youth. The tobacco industry spends over one

million dollars an hour on tobacco advertising nationwide. The tobacco industry spends nearly 19,000.00 for advertising in each of Vermont's retail stores that promote tobacco products.

Because advertising tobacco products have had restrictions placed on television, radio and billboards, convenience stores and retail grocery stores have become primary places where the tobacco industry focuses on recruiting new, lifelong tobacco users. Nearly 70% of youth visit these stores at least twice a week for drinks and snacks. With each visit they are bombarded with tobacco advertising on tobacco brands favored by teens like, Marlboro, Newport and Camel, chew and spit tobacco.

Vermont retailers are community partners that help to create healthier, safer communities while the tobacco industry uses retailers to promote tobacco marketing tactics. The tobacco industry wants to use Vermont's stores as a marketing tool to recruit new youth customers.

With nearly 90% of adult smokers claiming to have started tobacco usage before the age of 18, it is clear why the tobacco industry targets Vermont's youth. For every adult tobacco user who dies of a tobacco related disease the tobacco industry must recruit two new

tobacco users in its place. The results have become clear that the tobacco industry's marketing tactics are working. The tobacco industry is using our local community stores statewide to turn our youth into lifelong users of tobacco products.

With the bottom line being that the more often kids are exposed to tobacco advertising, the more likely they are to start using tobacco, the Counter Balance campaign provides Vermonters with the facts, tips, and downloadable information to share with others in our community in an effort to minimize the tobacco industry's marketing influence on Vermont's youth. The Vermont Department of Health also provides Vermonters with a way to help spread the word and to help prevent youth tobacco use by giving Vermonters a chance to vote on which issue you think is most important in ending tobacco's influence at counterbalance.com.

Support the Counter Balance campaign in Vermont by visiting Counter Balance online @ counterbalancevt.com

Changing Society's Perspective

Editor's Note: This is the second in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective. We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.

nitive difficulties and memory problems, headaches, IBS {irritable bowel syndrome}, numbness and tingling of the extremities, sensitivity to bright lights or loud noises or strong odors, and mood and thought processes. I have pain, fatigue, sensitivity to bright lights and loud noise, and word loss.

The only definitive diagnosis is being positive in 11 out of 18 tender points on the body, when pressed on. I am one of the lucky ones, have been able to carry on a pretty normal life, have never been confined to bed. Have tried many different meds.and modalities to ease my pain and fatigue. I am unable to work more than 3 hours a day, have been on SS disability for years.

Anyone can have fibromyalgia, mostly women, but men and children also. Tends to be familial. I swear my Mother had it and my daughter suffers terribly.

"But you look so good".

Fibromyalgia explained by Diane Kirkwood, North Haverhill


"fi-bro-my-al-ga. "Fibro" means fibrous tissues in the body (and tendons and ligaments). "My" refers to muscle and "algia" means pain.

Pain is the first and foremost of the symptoms, mild or severe and debilitating. Fatigue is the other main symptom but also can include sleep difficulties, cog-

**OVER 2000
BROKEN-IN TIRES**
MANY SETS OF 4



CANON TIRE
I-91 Exit 8, Ascutney, VT
802-674-5600
NEW TIRES TOO!!!



**Water Heaters
Appliances
Generators
Heaters**

603-787-2422
240 Brushwood Road
North Haverhill, NH 03774

Sharpen Up!



Large And Small Kitchen Knives
Serrated Knives • Steak Knives
Small Hand Tools - Chisels • Etc.

Sean Kelly
802-222-9258
sean@asharpedge.com

Contact Me For:
Brochure • Pricing • Drop-Off • Pick-Up

COUNTRY 101.3
W Y K R • F M



**NEW HAMPSHIRE
MOTOR SPEEDWAY**



NASCAR

Sunday, July 17th., 2016

**Live Flag to Flag Nascar® racing is on
"Your Country", WYKR-101.3FM !!!**

Puffer Broadcasting, Inc.
WTWN AM 1100
"The River of Life"

WYKR 101.3 FM / WTWN AM 1100
P. O. Box 675 / 1047 US Route 302
Wells River, VT. 05081-0675
(802) 757-2773 / (603) 747-2770 / Fax: (802) 757-2774
www.wykr.com



MOODYRADIO
Where you turn. For life.





by Ronda Marsh

If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Easy-Peasy Maple Walnut Ice Cream

ing maple syrup is not to be turned away from, and requires a constant eye to be sure it doesn't breach over the top of the pan. If it starts to boil up too high, just lift it off the heat until it subsides a bit.

So there you have it; a great ice cream treat, without having to brave the long, hot lines at the ice cream stand. The bonus here is that it's all natural, with no additives or preservatives, and it's sure to make everyone who eats it smile at you adoringly!

- 1-3/4 cups heavy cream
- 2/3 cup maple syrup (I use medium amber)
- 4 egg yolks
- 1/2 cup chopped walnuts

In a medium bowl that has been chilled, using an electric mixer with the whisk attachment (if you have one, otherwise the beaters will suffice,) beat the cream to stiff peaks. Refrigerate. In another bowl, beat the egg yolks, also with the whisk attachment until they are a pale yellow.

In a small pan, heat the maple syrup to a boil over medium-high heat and cook 2 minutes, watching carefully to make sure it doesn't boil over. With the mixer

running, slowly drizzle the boiling maple syrup into the eggs in a steady stream. Beat the mixture on high until it has cooled to room temperature, about 5 minutes or so. Dump about 3/4 of the chopped nuts into the whipped cream, then, using a rubber spatula, fold the whipped cream into the egg mixture, using care to deflate as little as possible.

Transfer mixture into a 5-by-10-inch loaf pan. Sprinkle the reserved nuts over the top. Cover with plastic wrap. Freeze at least 4 hours, or until set. Keeps for up to a week. Serves 8 to 10.

Pure Envy Salon
(802) 626-8000
32 Depot Street
Lyndonville, VT 05851
pureenvysalon32@gmail.com



This week's column is a repeat of one I published a few years ago. I pulled it from my files because with the hot and muggy summer weather upon us, I figured a cool, creamy and easy dessert recipe is always in demand!

Not to pat myself on the back, but this has got to be one of my best recipe adaptations ever! It all started a few weeks ago, when I got my latest issue of "Everyday Food" magazine, and spotted their version of Honey Ice Cream. What intrigued me, beside the fact that there only a few basic ingredients required, was that there was no mention of an ice cream freezer at all. Imagine that! As you might guess, it wasn't long before there was a batch curing in my freezer. Over the next few days, my family and I enjoyed the frozen treat with apple strudel, pound cake, and all by itself. And while it was tasty enough and very creamy, the honey flavor was just a little too intense for me, and unlike traditional ice cream, it never really fully cured and leaned toward more of a soft-serve consistency. I pondered the whole process, and came up with what I thought might take this idea from just okay to exceptional. Being the dyed-in-the-wool New Englander that I am, I've always got some local maple syrup in my refrigerator, and considering that it has a viscosity similar to honey, I knew it could be substituted for the requisite boiling liquid. I also figured that if I tucked my bowl for whipping the cream in the freezer be-

fore using, and switched to the whisk attachment in lieu of the regular beaters, I might be able to whisk more air into the whole thing and enable it to freeze more fully. Guess what? It all came together seamlessly, and with the addition of some chopped walnuts, I was able to produce a truly remarkable Maple Walnut Ice Cream with very little work and no ice cream freezer.

One word of caution here: This is not a recipe to be tackled with little people around your feet, as boil-

COPIES and MORE
37 Main Street, Wells River, VT Phone: 802-757-8105
www.copiesvt.com Fax: 802-757-8107

We are your local UPS shipper

large selection of shipping boxes and packing supplies

NEW Laminating up to 36" wide

LARGE PRINTS POSTERS, SIGNAGE BLUEPRINTS, BANNERS UP TO 36" WIDE

Big Town Service with Small Town Convenience

WE HAVE THE LARGEST INVENTORY AROUND FOR K-KUPS \$12.50 box 2 box purchase Save \$2.00 box with Woodsville Discount Card

Open: Mon. - Fri. 9AM - 6 PM Saturday: 9AM - 1PM

Reiki Retreat
Reiki • Massage
Biofield Tuning
Zero Balancing
Contact Barbara To Set Up Your Appointment Today!
90 Farm St • E Ryegate, VT
802-757-2809
reikiertreat@charter.net

Nathan A. Muehl, Registered Representative
Offering Securities Through
NYLIFE Securities LLC,
Member FINRA/SIPC,
A Licensed Insurance Agency.

NATHAN A. MUEHL, LUTCF
51 N. Main St, B-1 • Wells River, VT 05081
802-588-5035
Nate@NMAFinancial.com

NMA **NEW YORK LIFE**

New Homes From CREASER REALTY
St. Johnsbury, VT (802) 748-3033
creaser1@gmail.com

Building a new home? Quality Huntington Homes local Vermont factory - the very best custom modular - all styles - or design your own plan

2x6 Construction - Andersen windows - CDX Plywood

26x36 Cape w/2 dormers

\$92,000 - Cabot Plan

26x48 Ranch w/3 bed - 2 baths

\$99,000 - Lane Plan

Above Prices Delivered to your foundation

MODERN FURNITURE

Summer Clearance SALE

BEDROOM SETS UP TO 50% OFF PLUS SPECIAL FINANCING DINNING ROOMS LIVING ROOMS

MATTRESSES RECLINERS

HOME ENTERTAINMENT

NO GIMMICKS NO SALES PRESSURE

IN-STOCK ONLY!

MODERN FURNITURE **Hurry For Best Selection!**

Exit 23 Off I-91, Route 5 Lyndonville, VT 802-626-3273
Exit 28 Off I-91, Route 5 Derby, VT 802-334-5616
Exit 17 Off I-91, Route 302 Woodsville, NH 603-747-3202
296 Meadow, Street Littleton, NH 603-444-2033

OPEN MON.-THURS. 8:30-5 • FRI. 8:30-6 • SAT. 8:30-5 • CLOSED SUNDAYS (EXCEPT LYNDONVILLE - 10-4)

www.ModernFurnitureVT.com
No Sales Tax on New Hampshire Deliveries!

England Best ASHLEY KING KOIL Serta TEMPUR PEDIC FURNITURE GALLERY